



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Sattler, Elke

Club: Sportfreunde Steiger e.V.

Number: 258

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 27:55

Speed: 8.60 km/h

Running performance: 6:59 min/km

Rank in course/Total: 456 (of 477)

Rank in course/Women: 146 (of 162)

Best time in course: 14:18

Rank in category: 11(of 14)

Best time in the category: 20:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	13:32	6:46	11	3:14	145	6:30	2.00	13:32	6:46	9	3:14	107	6:24
Leichtathletikhalle	2.00	14:23	7:11	14	4:24	151	7:07	4.00	27:55	6:58	11	7:37	147	13:37