



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Fritsch, Manuela

Club: Laufgruppe LRA

Number: 551

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 23:13

Speed: 10.34 km/h

Running performance: 5:48 min/km

Rank in course/Total: 347 (of 477)

Rank in course/Women: 94 (of 162)

Best time in course: 14:18

Rank in category: 18(of 37)

Best time in the category: 19:05

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Runde	2.00	11:43	5:51	16	2:16	91	4:41	2.00	11:43	5:51	8			109	4:35
Leichtathletikhalle	2.00	11:30	5:45	22	2:01	97	4:14	4.00	23:13	5:48	18	4:08		95	8:55