



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Linke, Kathrin

Club: Erfurt
Number: 523

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 23:32

Speed: 10.20 km/h

Running performance: 5:53 min/km

Rank in course/Total: 360 (of 477)

Rank in course/Women: 100 (of 162)

Best time in course: 14:18

Rank in category: 23(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	11:42	5:50	15	2:15	87	4:40	2.00	11:42	5:50	10			53	4:34
Leichtathletikhalle	2.00	11:50	5:55	24	2:21	107	4:34	4.00	23:32	5:53	23	4:27		101	9:14