



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Eisenacher, Elke

Club: Hainichläufer Mühlhausen

Number: 222

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 28:19

Speed: 8.48 km/h

Running performance: 7:05 min/km

Rank in course/Total: 464 (of 477)

Rank in course/Women: 152 (of 162)

Best time in course: 14:18

Rank in category: 14(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.	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	14:13	7:06	13	3:55	158	7:11	2.00	14:13	7:06	12	3:55	127	7:05
Leichtathletikhalle	2.00	14:06	7:02	13	4:07	148	6:50	4.00	28:19	7:04	14	8:01	153	14:01