



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hinze, Ines

Club: Ostbevern

Number: 180

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 22:58

Speed: 10.45 km/h

Running performance: 5:44 min/km

Rank in course/Total: 327 (of 477)

Rank in course/Women: 85 (of 162)

Best time in course: 14:18

Rank in category: 16 (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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	11:57	5:58	21	2:30	101	4:55	2.00	11:57	5:58	12		128	4:49
Leichtathletikhalle	2.00	11:01	5:30	15	1:32	70	3:45	4.00	22:58	5:44	16	3:53	86	8:40