



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schäfer, Michaela

Club: Einer für Alle, Alle für Einen

Number: 639

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 22:23

Speed: 10.72 km/h

Running performance: 5:36 min/km

Rank in course/Total: 297 (of 477)

Rank in course/Women: 71 (of 162)

Best time in course: 14:18

Rank in category: 7(of 21)

Best time in the category: 19:35

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	11:21	5:40	7	1:30	68	4:19	2.00	11:21	5:40	6			55	4:13
Leichtathletikhalle	2.00	11:02	5:30	8	1:18	72	3:46	4.00	22:23	5:35	7	2:48		72	8:05