



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Treyße, Martina

Club: Einer für Alle, Alle für Einen
Number: 636

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhüringen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 26:12

Speed: 9.16 km/h

Running performance: 6:33 min/km

Rank in course/Total: 440 (of 477)

Rank in course/Women: 136 (of 162)

Best time in course: 14:18

Rank in category: 19(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	12:56	6:28	18	3:05	131	5:54	2.00	12:56	6:28	4	0:32	145	5:48
Leichtathletikhalle	2.00	13:16	6:38	20	3:32	139	6:00	4.00	26:12	6:32	19	6:37	137	11:54