



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Ragoschat, Ornett

Club: Erfurt
Number: 549

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 21:28

Speed: 11.18 km/h

Running performance: 5:22 min/km

Rank in course/Total: 236 (of 477)

Rank in course/Women: 50 (of 162)

Best time in course: 14:18

Rank in category: 5 (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	10:49	5:24	4	0:58	51	3:47	2.00	10:49	5:24	2			155	3:41
Leichtathletikhalle	2.00	10:39	5:19	4	0:55	56	3:23	4.00	21:28	5:21	5	1:53	51	7:10	