



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hupel, Sabine

Club: SV Bad Berka

Number: 246

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 23:20

Speed: 10.29 km/h

Running performance: 5:50 min/km

Rank in course/Total: 354 (of 477)

Rank in course/Women: 97 (of 162)

Best time in course: 14:18

Rank in category: 21(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.	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	11:30	5:45	13	2:03	79	4:28	2.00	11:30	5:45	19		40	4:22
Leichtathletikhalle	2.00	11:50	5:55	24	2:21	107	4:34	4.00	23:20	5:49	21	4:15	98	9:02