



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Ramm, Corinna

Club: keiner

Number: 22

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Frauen (20-29 Jahre)

Total time: 18:57

Speed: 12.66 km/h

Running performance: 4:44 min/km

Rank in course/Total: 133 (of 477)

Rank in course/Women: 25 (of 162)

Best time in course: 14:18

Rank in category: 6 (of 31)

Best time in the category: 14:18

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	9:30	4:45	5	2:28	28	2:28	2.00	9:30	4:45	3		159	2:22
Leichtathletikhah	2.00	9:27	4:43	5	2:11	21	2:11	4.00	18:57	4:44	6	4:39	26	4:39