



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Dröge, Martina

Club: Bad Langensalza

Number: 540

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhüringen

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 20:18

Speed: 11.82 km/h

Running performance: 5:05 min/km

Rank in course/Total: 178 (of 477)

Rank in course/Women: 33 (of 162)

Best time in course: 14:18

Rank in category: 1(of 14)

Best time in the category: 20:18

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	10:19	5:09	2	0:01	37	3:17	2.00	10:19	5:09	14	0:01	162	3:11
Leichtathletikhalle	2.00	9:59	4:59	1	-	35	2:43	4.00	20:18	5:04	1	-	34	6:00