



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Decker, Beatrice

Club: ASV Erfurt

Number: 245

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Frauen (20-29 Jahre)

Total time: 14:36

Speed: 16.44 km/h

Running performance: 3:39 min/km

Rank in course/Total: 19 (of 477)

Rank in course/Women: 2 (of 162)

Best time in course: 14:18

Rank in category: 2 (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. | 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 | 7:19 | 3:39 | 2 | 0:17 | 3 | 0:17 | 2.00 | 7:19 | 3:39 | 31 | | 7 | 0:11 |
| Leichtathletikhalle | 2.00 | 7:17 | 3:38 | 2 | 0:01 | 2 | 0:01 | 4.00 | 14:36 | 3:38 | 2 | 0:18 | 2 | 0:18 |