



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Gläser, Carolin

Club: Ausdauersportclub Apolda ACA

Number: 511

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Frauen (20-29 Jahre)

Total time: 14:18

Speed: 16.78 km/h

Running performance: 3:35 min/km

Rank in course/Total: 17 (of 477)

Rank in course/Women: 1 (of 162)

Best time in course: 14:18

Rank in category: 1(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	7:02	3:30	1	-	1	-	2.00	7:02	3:30	17		2	
Leichtathletikh	2.00	7:16	3:38	1	-	1	-	4.00	14:18	3:34	1	-	1	-