



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Guzowski, Babett

Club: ESC Erfurt e.V.

Number: 225

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 22:18

Speed: 10.76 km/h

Running performance: 5:35 min/km

Rank in course/Total: 291 (of 477)

Rank in course/Women: 67 (of 162)

Best time in course: 14:18

Rank in category: 12 (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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	11:01	5:30	8	1:34	59	3:59	2.00	11:01	5:30	26		45	3:53
Leichtathletikhalle	2.00	11:17	5:38	18	1:48	83	4:01	4.00	22:18	5:34	12	3:13	68	8:00