



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Gärtner, Dagmar

Club: SSV KGS Erfurt

Number: 64

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 24:16

Speed: 9.89 km/h

Running performance: 6:04 min/km

Rank in course/Total: 390 (of 477)

Rank in course/Women: 112 (of 162)

Best time in course: 14:18

Rank in category: 9(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	12:06	6:02	9	1:48	103	5:04	2.00	12:06	6:02	4	1:48	66	4:58
Leichtathletikhalle	2.00	12:10	6:04	9	2:11	117	4:54	4.00	24:16	6:03	9	3:58	113	9:58