



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Knabe, Edith

Club: SV Optima Erfurt

Number: 260

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Seniorinnen W60 (60-69 Jahre)

Total time: 25:24

Speed: 9.45 km/h

Running performance: 6:21 min/km

Rank in course/Total: 419 (of 477)

Rank in course/Women: 127 (of 162)

Best time in course: 14:18

Rank in category: 1 (of 3)

Best time in the category: 25:24

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	12:40	6:19	1	-	125	5:38	2.00	12:40	6:19	1	-	71	5:32
Leichtathletikhalle	2.00	12:44	6:21	2	0:13	128	5:28	4.00	25:24	6:20	1	-	128	11:06