



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Lepa, Edeltraud

Club: Erfurt

Number: 56

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W60 (60-69 Jahre)

Total time: 26:24

Speed: 9.09 km/h

Running performance: 6:36 min/km

Rank in course/Total: 443 (of 477)

Rank in course/Women: 138 (of 162)

Best time in course: 14:18

Rank in category: 3 (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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	13:07	6:33	3	0:27	135	6:05	2.00	13:07	6:33	2	0:27	77	5:59
Leichtathletikhalle	2.00	13:17	6:38	3	0:46	140	6:01	4.00	26:24	6:35	3	1:00	139	12:06