



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Rebenschütz, Susanne**

Club: Erfurt

Number: 47

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 25:16

Speed: 9.50 km/h

Running performance: 6:19 min/km

Rank in course/Total: 415 (of 477)

Rank in course/Women: 124 (of 162)

Best time in course: 14:18

Rank in category: 30(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.	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	12:16	6:08	24	2:49	112	5:14	2.00	12:16	6:08	34		64	5:08
Leichtathletikhalle	2.00	13:00	6:30	32	3:31	132	5:44	4.00	25:16	6:18	30	6:11	125	10:58