



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Gieland, Heike

Club: Gesund&Fit e.V. Erfurt

Number: 123

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 26:09

Speed: 9.18 km/h

Running performance: 6:32 min/km

Rank in course/Total: 439 (of 477)

Rank in course/Women: 135 (of 162)

Best time in course: 14:18

Rank in category: 32(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	13:15	6:37	30	3:48	142	6:13	2.00	13:15	6:37	5		100	6:07
Leichtathletikhalle	2.00	12:54	6:27	31	3:25	131	5:38	4.00	26:09	6:32	32	7:04	136	11:51