



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Grahmann, Christin

Club: Jena

Number: 522

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 22:09

Speed: 10.84 km/h

Running performance: 5:32 min/km

Rank in course/Total: 279 (of 477)

Rank in course/Women: 62 (of 162)

Best time in course: 14:18

Rank in category: 6(of 21)

Best time in the category: 19:35

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	11:28	5:44	9	1:37	77	4:26	2.00	11:28	5:44	7		118	4:20
Leichtathletikh	2.00	10:41	5:20	5	0:57	57	3:25	4.00	22:09	5:32	6	2:34	63	7:51