



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Senf, Gabriele

Club: LTV Erfurt

Number: 127

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Seniorinnen W60 (60-69 Jahre)

Total time: 25:35

Speed: 9.38 km/h

Running performance: 6:24 min/km

Rank in course/Total: 426 (of 477)

Rank in course/Women: 130 (of 162)

Best time in course: 14:18

Rank in category: 2(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	13:04	6:31	2	0:24	134	6:02	2.00	13:04	6:31	3	0:24	125	5:56
Leichtathletikhalle	2.00	12:31	6:15	1	-	122	5:15	4.00	25:35	6:23	2	0:11	131	11:17