



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Güsewell, Grit

Club: Weimar

Number: 235

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhüringen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 19:58

Speed: 12.02 km/h

Running performance: 4:59 min/km

Rank in course/Total: 165 (of 477)

Rank in course/Women: 32 (of 162)

Best time in course: 14:18

Rank in category: 3 (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	10:02	5:00	3	0:35	35	3:00	2.00	10:02	5:00	13		136	2:54
Leichtathletikhah	2.00	9:56	4:58	3	0:27	34	2:40	4.00	19:58	4:59	3	0:53	33	5:40