



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Weitze, Lydia

Club: Erfurt

Number: 97

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Frauen (20-29 Jahre)

Total time: 30:18

Speed: 7.92 km/h

Running performance: 7:35 min/km

Rank in course/Total: 474 (of 477)

Rank in course/Women: 160 (of 162)

Best time in course: 14:18

Rank in category: 31(of 31)

Best time in the category: 14:18

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 | 14:55 | 7:27 | 31 | 7:53 | 162 | 7:53 | 2.00 | 14:55 | 7:27 | 6 | 2:29 | 144 | 7:47 |
| Leichtathletikhalle | 2.00 | 15:23 | 7:41 | 31 | 8:07 | 157 | 8:07 | 4.00 | 30:18 | 7:34 | 31 | 16:00 | 161 | 16:00 |