



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Gärtner, Dagmar

Club: SSV KGS Erfurt

Number: 64

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 24:16

Speed: 9.89 km/h

Running performance: 6:04 min/km

Rank in course/Total: 390 (of 477)

Rank in course/Women: 112 (of 162)

Best time in course: 14:18

Rank in category: 9 (of 14)

Best time in the category: 20:18

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 | 12:06 | 6:02 | 9 | 1:48 | 103 | 5:04 | 2.00 | 12:06 | 6:02 | 4 | 1:48 | 66 | 4:58 |
| Leichtathletikhalle | 2.00 | 12:10 | 6:04 | 9 | 2:11 | 117 | 4:54 | 4.00 | 24:16 | 6:03 | 9 | 3:58 | 113 | 9:58 |