



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Gluschak, Aileen

Club: Tanzhaus

Number: 129

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Frauen (20-29 Jahre)

Total time: 23:09

Speed: 10.37 km/h

Running performance: 5:47 min/km

Rank in course/Total: 341 (of 477)

Rank in course/Women: 90 (of 162)

Best time in course: 14:18

Rank in category: 18(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	11:27	5:43	13	4:25	75	4:25	2.00	11:27	5:43	18		54	4:19
Leichtathletikhalle	2.00	11:42	5:50	19	4:26	105	4:26	4.00	23:09	5:47	18	8:51	91	8:51