



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Götz, Stefanie

Club: Erfurt

Number: 61

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 25:03

Speed: 9.58 km/h

Running performance: 6:16 min/km

Rank in course/Total: 407 (of 477)

Rank in course/Women: 118 (of 162)

Best time in course: 14:18

Rank in category: 17(of 21)

Best time in the category: 19:35

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	12:27	6:13	16	2:36	117	5:25	2.00	12:27	6:13	8	0:03	76	5:19
Leichtathletikhalle	2.00	12:36	6:17	17	2:52	126	5:20	4.00	25:03	6:15	17	5:28	119	10:45