



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

Lepa, Edeltraud

Club: Erfurt

Number: 56

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W60 (60-69 Jahre)

Total time: 26:24

Speed: 9.09 km/h

Running performance: 6:36 min/km

Rank in course/Total: 443 (of 477)

Rank in course/Women: 138 (of 162)

Best time in course: 14:18

Rank in category: 3 (of 3)

Best time in the category: 25:24

## Intermediate times

## Stage score

## Total ranking

| Control             | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
|---------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                     |             |               |                 |             |                |              |                 |             |               |                 |             |                |              |                 |
| Runde               | 2.00        | 13:07         | 6:33            | 3           | 0:27           | 135          | 6:05            | 2.00        | 13:07         | 6:33            | 2           | 0:27           | 77           | 5:59            |
| Leichtathletikhalle | 2.00        | 13:17         | 6:38            | 3           | 0:46           | 140          | 6:01            | 4.00        | 26:24         | 6:35            | 3           | 1:00           | 139          | 12:06           |