



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Saitz, Judith**

Club: LTV Erfurt

Number: 1255

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 23:28

Speed: 10.23 km/h

Running performance: 5:52 min/km

Rank in course/Total: 356 (of 477)

Rank in course/Women: 99 (of 162)

Best time in course: 14:18

Rank in category: 22(of 37)

Best time in the category: 19:05

### 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	12:07	6:03	22	2:40	105	5:05	2.00	12:07	6:03	9		110	4:59
Leichtathletikhalle	2.00	11:21	5:40	20	1:52	87	4:05	4.00	23:28	5:51	22	4:23	100	9:10