



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Gohles, Christine

Club: Helios IronTeam Erfurt

Number: 131

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 28:03

Speed: 8.56 km/h

Running performance: 7:01 min/km

Rank in course/Total: 459 (of 477)

Rank in course/Women: 149 (of 162)

Best time in course: 14:18

Rank in category: 12(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	14:15	7:07	14	3:57	159	7:13	2.00	14:15	7:07	11	3:57	114	7:07
Leichtathletikhalle	2.00	13:48	6:54	11	3:49	143	6:32	4.00	28:03	7:00	12	7:45	150	13:45