



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Güsewell, Grit**

Club: Weimar

Number: 235

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 19:58

Speed: 12.02 km/h

Running performance: 4:59 min/km

Rank in course/Total: 165 (of 477)

Rank in course/Women: 32 (of 162)

Best time in course: 14:18

Rank in category: 3 (of 37)

Best time in the category: 19:05

### Intermediate times

### Stage score

### Total ranking

| Control             | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score  |                 | Total ranking |               |                 |             |                |              |                 |
|---------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                     |             |               |                 |             |                | 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        | 10:02         | 5:00            | 3           | 0:35           | 35           | 3:00            | 2.00          | 10:02         | 5:00            | 13          |                | 136          | 2:54            |
| Leichtathletikhalle | 2.00        | 9:56          | 4:58            | 3           | 0:27           | 34           | 2:40            | 4.00          | 19:58         | 4:59            | 3           | 0:53           | 33           | 5:40            |