



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Weitze, Lydia

Club: Erfurt

Number: 97

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Frauen (20-29 Jahre)

Total time: 30:18

Speed: 7.92 km/h

Running performance: 7:35 min/km

Rank in course/Total: 474 (of 477)

Rank in course/Women: 160 (of 162)

Best time in course: 14:18

Rank in category: 31(of 31)

Best time in the category: 14:18

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	14:55	7:27	31	7:53	162	7:53	2.00	14:55	7:27	6	2:29	144	7:47
Leichtathletikhah	2.00	15:23	7:41	31	8:07	157	8:07	4.00	30:18	7:34	31	16:00	161	16:00