



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Leithold, Grit

Club: Marineclub Gotha

Number: 274

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 30:16

Speed: 7.93 km/h

Running performance: 7:34 min/km

Rank in course/Total: 473 (of 477)

Rank in course/Women: 159 (of 162)

Best time in course: 14:18

Rank in category: 37(of 37)

Best time in the category: 19:05

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Runde	2.00	14:22	7:11	36	4:55	160	7:20	2.00	14:22	7:11	17	0:46	149	7:14
Leichtathletikhalle	2.00	15:54	7:57	37	6:25	159	8:38	4.00	30:16	7:33	37	11:11	160	15:58