



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hammer, Uta

Club: Hainichläufer

Number: 1394

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 1:02:48

Speed: 9.55 km/h

Running performance: 6:17 min/km

Rank in course/Total: 654 (of 686)

Rank in course/Women: 130 (of 143)

Best time in course: 35:30

Rank in category: 22(of 22)

Best time in the category: 39:41

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	12:43	6:21	21	4:44	129	5:47	2.00	12:43	6:21	7	1:19	118	5:47
Runde	2.00	12:04	6:01	20	4:13	126	4:57	4.00	24:47	6:11	7	2:37	118	10:44
Runde	2.00	12:24	6:12	22	4:29	129	5:14	6.00	37:11	6:11	7	4:08	117	15:58
Runde	2.00	12:51	6:25	22	4:51	133	5:38	8.00	50:02	6:15	7	6:13	117	21:36
Leichtathletikhalle	2.00	12:46	6:23	22	4:50	133	5:42	10.00	1:02:48	6:16	22	23:07	130	27:18