



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

ungelenk, ellen

Club: wandersleben

Number: 1470

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 1:00:24

Speed: 9.93 km/h

Running performance: 6:02 min/km

Rank in course/Total: 630 (of 686)

Rank in course/Women: 117 (of 143)

Best time in course: 35:30

Rank in category: 19(of 22)

Best time in the category: 39:41

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	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	11:50	5:55	18	3:51	93	4:54	2.00	11:50	5:55	5	0:26	54	4:54
Runde	2.00	12:22	6:11	22	4:31	130	5:15	4.00	24:12	6:02	5	2:02	107	10:09
Runde	2.00	12:19	6:09	21	4:24	127	5:09	6.00	36:31	6:05	5	3:28	123	15:18
Runde	2.00	12:16	6:08	20	4:16	119	5:03	8.00	48:47	6:05	5	4:58	123	20:21
Leichtathletikhalle	2.00	11:37	5:48	18	3:41	111	4:33	10.00	1:00:24	6:02	19	20:43	117	24:54