



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Lory, Ariane**

Club: Brown Nuggets

Number: 1408

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 1:02:18

Speed: 9.63 km/h

Running performance: 6:14 min/km

Rank in course/Total: 648 (of 686)

Rank in course/Women: 127 (of 143)

Best time in course: 35:30

Rank in category: 43(of 49)

Best time in the category: 44:06

### 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	13:05	6:32	44	4:27	132	6:09	2.00	13:05	6:32	21	1:49	55	6:09
Runde	2.00	12:09	6:04	44	3:26	129	5:02	4.00	25:14	6:18	21	3:18	128	11:11
Runde	2.00	12:03	6:01	40	3:21	117	4:53	6.00	37:17	6:12	21	4:27	127	16:04
Runde	2.00	12:26	6:13	41	3:31	122	5:13	8.00	49:43	6:12	21	5:36	127	21:17
Leichtathletikhalle	2.00	12:35	6:17	44	3:45	131	5:31	10.00	1:02:18	6:13	43	18:12	127	26:48