



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Alert, Lisa

Club: Jena

Number: 1456

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Frauen (20-29 Jahre)

Total time: 1:00:24

Speed: 9.93 km/h

Running performance: 6:02 min/km

Rank in course/Total: 631 (of 686)

Rank in course/Women: 117 (of 143)

Best time in course: 35:30

Rank in category: 24(of 31)

Best time in the category: 35:30

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	11:30	5:45	18	4:34	82	4:34	2.00	11:30	5:45	2		137	4:34
Runde	2.00	11:52	5:56	25	4:45	121	4:45	4.00	23:22	5:50	2		139	9:19
Runde	2.00	11:56	5:58	24	4:46	114	4:46	6.00	35:18	5:52	2	5:11	137	14:05
Runde	2.00	12:38	6:18	26	5:25	131	5:25	8.00	47:56	5:59	2	6:46	137	19:30
Leichtathletikhalle	2.00	12:28	6:14	26	5:24	128	5:24	10.00	1:00:24	6:02	24	24:54	117	24:54