



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Dinort, Sandy

Club: TSSC Erfurt/ GDRT

Number: 1021

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Frauen (20-29 Jahre)

Total time: 49:26

Speed: 12.14 km/h

Running performance: 4:56 min/km

Rank in course/Total: 311 (of 686)

Rank in course/Women: 31 (of 143)

Best time in course: 35:30

Rank in category: 13(of 31)

Best time in the category: 35:30

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	9:07	4:33	9	2:11	17	2:11	2.00	9:07	4:33	23		21	2:11
Runde	2.00	9:20	4:40	10	2:13	21	2:13	4.00	18:27	4:36	23		21	4:24
Runde	2.00	10:04	5:01	13	2:54	37	2:54	6.00	28:31	4:45	21		21	7:18
Runde	2.00	10:21	5:10	14	3:08	46	3:08	8.00	38:52	4:51	21		21	10:26
Leichtathletikhalle	2.00	10:34	5:16	16	3:30	65	3:30	10.00	49:26	4:56	13	13:56	31	13:56