



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Holz, Andrea

Club: Weimar

Number: 1393

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 53:12

Speed: 11.28 km/h

Running performance: 5:19 min/km

Rank in course/Total: 455 (of 686)

Rank in course/Women: 57 (of 143)

Best time in course: 35:30

Rank in category: 9(of 22)

Best time in the category: 39:41

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	10:47	5:23	8	2:48	51	3:51	2.00	10:47	5:23	14		30	3:51
Runde	2.00	10:52	5:26	15	3:01	80	3:45	4.00	21:39	5:24	19		30	7:36
Runde	2.00	10:49	5:24	9	2:54	67	3:39	6.00	32:28	5:24	19		30	11:15
Runde	2.00	10:36	5:17	7	2:36	55	3:23	8.00	43:04	5:23	19		30	14:38
Leichtathletikhalle	2.00	10:08	5:03	6	2:12	43	3:04	10.00	53:12	5:19	9	13:31	57	17:42