



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Böhme, Carola

Club: Erfurt

Number: 1291

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 50:42

Speed: 11.83 km/h

Running performance: 5:04 min/km

Rank in course/Total: 361 (of 686)

Rank in course/Women: 37 (of 143)

Best time in course: 35:30

Rank in category: 7(of 49)

Best time in the category: 44:06

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	9:31	4:45	3	0:53	19	2:35	2.00	9:31	4:45	33		17	2:35
Runde	2.00	10:06	5:02	8	1:23	43	2:59	4.00	19:37	4:54	23		32	5:34
Runde	2.00	10:20	5:10	16	1:38	54	3:10	6.00	29:57	4:59	23		22	8:44
Runde	2.00	10:35	5:17	17	1:40	54	3:22	8.00	40:32	5:03	33		32	12:06
Leichtathletikhalle	2.00	10:10	5:04	11	1:20	46	3:06	10.00	50:42	5:04	7	6:36	37	15:12