



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

Uhlig, Simone

Club: Erfurt

Number: 1038

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 53:20

Speed: 11.25 km/h

Running performance: 5:20 min/km

Rank in course/Total: 462 (of 686)

Rank in course/Women: 59 (of 143)

Best time in course: 35:30

Rank in category: 19(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	11:28	5:44	28	2:50	79	4:32	2.00	11:28	5:44	37	0:12	41	4:32
Runde	2.00	10:35	5:17	21	1:52	65	3:28	4.00	22:03	5:30	37	0:07	41	8:00
Runde	2.00	10:35	5:17	18	1:53	59	3:25	6.00	32:38	5:26	37		41	11:25
Runde	2.00	10:32	5:15	14	1:37	50	3:19	8.00	43:10	5:23	37		41	14:44
Leichtathletikhalle	2.00	10:10	5:04	11	1:20	46	3:06	10.00	53:20	5:20	19	9:14	59	17:50