



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Bormann, Martina

Club: Lauffreunde Schmira

Number: 1604

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 51:22

Speed: 11.68 km/h

Running performance: 5:08 min/km

Rank in course/Total: 396 (of 686)

Rank in course/Women: 47 (of 143)

Best time in course: 35:30

Rank in category: 11(of 32)

Best time in the category: 40:27

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	11:20	5:40	17	4:07	74	4:24	2.00	11:20	5:40	22		42	4:24
Runde	2.00	10:01	5:00	9	2:06	38	2:54	4.00	21:21	5:20	22		28	7:18
Runde	2.00	9:59	4:59	9	1:45	33	2:49	6.00	31:20	5:13	22		28	10:07
Runde	2.00	9:59	4:59	8	1:27	28	2:46	8.00	41:19	5:09	21		28	12:53
Leichtathletikhalle	2.00	10:03	5:01	12	1:34	39	2:59	10.00	51:22	5:08	11	10:55	47	15:52