



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Pohl, Bianka

Club: Frankfurt

Number: 556

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 55:25

Speed: 10.83 km/h

Running performance: 5:32 min/km

Rank in course/Total: 531 (of 686)

Rank in course/Women: 79 (of 143)

Best time in course: 35:30

Rank in category: 17(of 32)

Best time in the category: 40:27

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	10:59	5:29	10	3:46	58	4:03	2.00	10:59	5:29	21		33	4:03
Runde	2.00	10:33	5:16	14	2:38	63	3:26	4.00	21:32	5:23	21		33	7:29
Runde	2.00	11:00	5:30	18	2:46	82	3:50	6.00	32:32	5:25	21		33	11:19
Runde	2.00	11:21	5:40	19	2:49	86	4:08	8.00	43:53	5:29	20		33	15:27
Leichtathletikhalle	2.00	11:32	5:46	25	3:03	105	4:28	10.00	55:25	5:32	17	14:58	79	19:55