



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Röhle, Marlies

Club: LTV Erfurt

Number: 803

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 56:52

Speed: 10.55 km/h

Running performance: 5:41 min/km

Rank in course/Total: 564 (of 686)

Rank in course/Women: 89 (of 143)

Best time in course: 35:30

Rank in category: 16(of 22)

Best time in the category: 39:41

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	11:41	5:50	17	3:42	89	4:45	2.00	11:41	5:50	15	0:17	57	4:45
Runde	2.00	10:39	5:19	11	2:48	69	3:32	4.00	22:20	5:34	15	0:10	57	8:17
Runde	2.00	10:49	5:24	9	2:54	67	3:39	6.00	33:09	5:31	15	0:06	57	11:56
Runde	2.00	11:47	5:53	18	3:47	105	4:34	8.00	44:56	5:36	15	1:07	57	16:30
Leichtathletikhalle	2.00	11:56	5:58	19	4:00	114	4:52	10.00	56:52	5:41	16	17:11	89	21:22