



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hitzner, Simone

Club: ASV Erfurt

Number: 1277

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 53:17

Speed: 11.26 km/h

Running performance: 5:20 min/km

Rank in course/Total: 458 (of 686)

Rank in course/Women: 58 (of 143)

Best time in course: 35:30

Rank in category: 18(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	10:16	5:08	12	1:38	39	3:20	2.00	10:16	5:08	45		63	3:20
Runde	2.00	10:14	5:06	14	1:31	53	3:07	4.00	20:30	5:07	45		63	6:27
Runde	2.00	10:47	5:23	21	2:05	65	3:37	6.00	31:17	5:12	45		63	10:04
Runde	2.00	11:08	5:33	25	2:13	75	3:55	8.00	42:25	5:18	45		63	13:59
Leichtathletikhalle	2.00	10:52	5:26	27	2:02	76	3:48	10.00	53:17	5:19	18	9:11	58	17:47