



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Stephan, Helen

Club: Erfurt
Number: 1173

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Frauen (20-29 Jahre)

Total time: 58:11

Speed: 10.31 km/h
Running performance: 5:49 min/km

Rank in course/Total: 593 (of 686)

Rank in course/Women: 100 (of 143)

Best time in course: 35:30

Rank in category: 21(of 31)

Best time in the category: 35:30

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	12:18	6:09	24	5:22	114	5:22	2.00	12:18	6:09	1	-	67	5:22
Runde	2.00	11:28	5:44	22	4:21	101	4:21	4.00	23:46	5:56	1	-	67	9:43
Runde	2.00	11:20	5:40	21	4:10	94	4:10	6.00	35:06	5:51	15	4:59	67	13:53
Runde	2.00	11:35	5:47	20	4:22	95	4:22	8.00	46:41	5:50	15	5:31	67	18:15
Leichtathletikhalle	2.00	11:30	5:45	23	4:26	102	4:26	10.00	58:11	5:49	21	22:41	100	22:41