



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

rothkegel, ilona

Club: erfurt

Number: 1103

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W60 (60-69 Jahre)

Total time: 52:02

Speed: 11.53 km/h

Running performance: 5:12 min/km

Rank in course/Total: 418 (of 686)

Rank in course/Women: 51 (of 143)

Best time in course: 35:30

Rank in category: 2(of 3)

Best time in the category: 50:15

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	11:00	5:30	2	1:04	60	4:04	2.00	11:00	5:30	2	1:04	35	4:04
Runde	2.00	10:05	5:02	2	0:18	41	2:58	4.00	21:05	5:16	2	1:22	70	7:02
Runde	2.00	10:13	5:06	2	0:10	44	3:03	6.00	31:18	5:13	2	1:32	70	10:05
Runde	2.00	10:21	5:10	2	0:04	46	3:08	8.00	41:39	5:12	2	1:36	70	13:13
Leichtathletikhalle	2.00	10:23	5:11	2	0:11	56	3:19	10.00	52:02	5:12	2	1:47	51	16:32