



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Engelhardt, Diana

Club: SV Empor Bad Langensalza

Number: 1418

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 51:17

Speed: 11.70 km/h

Running performance: 5:08 min/km

Rank in course/Total: 388 (of 686)

Rank in course/Women: 44 (of 143)

Best time in course: 35:30

Rank in category: 11(of 49)

Best time in the category: 44:06

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	10:26	5:13	14	1:48	42	3:30	2.00	10:26	5:13	2		85	3:30
Runde	2.00	10:06	5:02	8	1:23	43	2:59	4.00	20:32	5:08	2		85	6:29
Runde	2.00	10:11	5:05	7	1:29	42	3:01	6.00	30:43	5:07	2		85	9:30
Runde	2.00	10:20	5:10	12	1:25	45	3:07	8.00	41:03	5:07	2		85	12:37
Leichtathletikhalle	2.00	10:14	5:06	16	1:24	52	3:10	10.00	51:17	5:07	11	7:11	44	15:47