



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Philippus, Susanne

Club: SC Impuls Erfurt

Number: 960

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 54:25

Speed: 11.03 km/h

Running performance: 5:26 min/km

Rank in course/Total: 507 (of 686)

Rank in course/Women: 71 (of 143)

Best time in course: 35:30

Rank in category: 11(of 22)

Best time in the category: 39:41

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|---------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
| | | | | | | Pos Women | Behind Women | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
| Runde | 2.00 | 11:24 | 5:42 | 13 | 3:25 | 76 | 4:28 | 2.00 | 11:24 | 5:42 | 1 | - | 87 | 4:28 |
| Runde | 2.00 | 10:46 | 5:23 | 14 | 2:55 | 76 | 3:39 | 4.00 | 22:10 | 5:32 | 1 | - | 87 | 8:07 |
| Runde | 2.00 | 10:53 | 5:26 | 11 | 2:58 | 73 | 3:43 | 6.00 | 33:03 | 5:30 | 1 | - | 87 | 11:50 |
| Runde | 2.00 | 10:46 | 5:23 | 10 | 2:46 | 63 | 3:33 | 8.00 | 43:49 | 5:28 | 1 | - | 87 | 15:23 |
| Leichtathletikhalle | 2.00 | 10:36 | 5:17 | 10 | 2:40 | 67 | 3:32 | 10.00 | 54:25 | 5:26 | 11 | 14:44 | 71 | 18:55 |