



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Müller, Ina

Club: Weimar

Number: 1224

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 58:43

Speed: 10.22 km/h

Running performance: 5:52 min/km

Rank in course/Total: 603 (of 686)

Rank in course/Women: 103 (of 143)

Best time in course: 35:30

Rank in category: 35(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	12:17	6:08	35	3:39	113	5:21	2.00	12:17	6:08	4	1:01	88	5:21
Runde	2.00	11:40	5:49	35	2:57	108	4:33	4.00	23:57	5:59	4	2:01	88	9:54
Runde	2.00	11:43	5:51	36	3:01	108	4:33	6.00	35:40	5:56	4	2:50	88	14:27
Runde	2.00	11:45	5:52	35	2:50	103	4:32	8.00	47:25	5:55	4	3:18	88	18:59
Leichtathletikhalle	2.00	11:18	5:39	32	2:28	91	4:14	10.00	58:43	5:52	35	14:37	103	23:13