



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

Lauerwald, Heike

Club: SV Sömmerda e.V.

Number: 1056

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 50:59

Speed: 11.77 km/h

Running performance: 5:06 min/km

Rank in course/Total: 380 (of 686)

Rank in course/Women: 41 (of 143)

Best time in course: 35:30

Rank in category: 9(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	10:15	5:07	10	1:37	37	3:19	2.00	10:15	5:07	9		46	3:19
Runde	2.00	10:20	5:10	18	1:37	57	3:13	4.00	20:35	5:08	9		99	6:32
Runde	2.00	10:13	5:06	9	1:31	44	3:03	6.00	30:48	5:08	9		99	9:35
Runde	2.00	10:12	5:05	8	1:17	40	2:59	8.00	41:00	5:07	9		99	12:34
Leichtathletikhalle	2.00	9:59	4:59	6	1:09	35	2:55	10.00	50:59	5:05	9	6:53	41	15:29