



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

franke, heike

Club: sc-impuls

Number: 1081

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 56:19

Speed: 10.65 km/h

Running performance: 5:38 min/km

Rank in course/Total: 553 (of 686)

Rank in course/Women: 86 (of 143)

Best time in course: 35:30

Rank in category: 15(of 22)

Best time in the category: 39:41

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	11:09	5:34	12	3:10	69	4:13	2.00	11:09	5:34	10		100	4:13
Runde	2.00	11:01	5:30	16	3:10	86	3:54	4.00	22:10	5:32	1	-	87	8:07
Runde	2.00	11:13	5:36	16	3:18	89	4:03	6.00	33:23	5:33	10	0:20	100	12:10
Runde	2.00	11:24	5:42	15	3:24	88	4:11	8.00	44:47	5:35	10	0:58	100	16:21
Leichtathletikhalle	2.00	11:32	5:46	17	3:36	105	4:28	10.00	56:19	5:37	15	16:38	86	20:49