



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Knothe, Doris

Club: SP U-H

Number: 817

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W60 (60-69 Jahre)

Total time: 59:34

Speed: 10.07 km/h

Running performance: 5:58 min/km

Rank in course/Total: 619 (of 686)

Rank in course/Women: 112 (of 143)

Best time in course: 35:30

Rank in category: 3(of 3)

Best time in the category: 50:15

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	11:52	5:56	3	1:56	96	4:56	2.00	11:52	5:56	3	1:56	103	4:56
Runde	2.00	11:40	5:49	3	1:53	108	4:33	4.00	23:32	5:53	3	3:49	103	9:29
Runde	2.00	11:57	5:58	3	1:54	115	4:47	6.00	35:29	5:54	3	5:43	103	14:16
Runde	2.00	12:02	6:00	3	1:45	111	4:49	8.00	47:31	5:56	3	7:28	103	19:05
Leichtathletikhalle	2.00	12:03	6:01	3	1:51	119	4:59	10.00	59:34	5:57	3	9:19	112	24:04