



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Knothe, Simone

Club: Hörselberg-Hainich

Number: 1468

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 49:10

Speed: 12.20 km/h

Running performance: 4:55 min/km

Rank in course/Total: 300 (of 686)

Rank in course/Women: 29 (of 143)

Best time in course: 35:30

Rank in category: 8(of 32)

Best time in the category: 40:27

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	9:46	4:53	6	2:33	25	2:50	2.00	9:46	4:53	5		105	2:50
Runde	2.00	9:31	4:45	7	1:36	27	2:24	4.00	19:17	4:49	5		105	5:14
Runde	2.00	9:47	4:53	8	1:33	29	2:37	6.00	29:04	4:50	5		105	7:51
Runde	2.00	9:59	4:59	8	1:27	28	2:46	8.00	39:03	4:52	4		105	10:37
Leichtathletikhalle	2.00	10:07	5:03	13	1:38	42	3:03	10.00	49:10	4:54	8	8:43	29	13:40