



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Sàgi, Esther

Club: LTV Erfurt

Number: 1304

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Frauen (20-29 Jahre)

Total time: 50:42

Speed: 11.83 km/h

Running performance: 5:04 min/km

Rank in course/Total: 362 (of 686)

Rank in course/Women: 37 (of 143)

Best time in course: 35:30

Rank in category: 14(of 31)

Best time in the category: 35:30

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	11:01	5:30	15	4:05	62	4:05	2.00	11:01	5:30	12		106	4:05
Runde	2.00	10:05	5:02	16	2:58	41	2:58	4.00	21:06	5:16	12		104	7:03
Runde	2.00	10:05	5:02	14	2:55	39	2:55	6.00	31:11	5:11	10	1:04	106	9:58
Runde	2.00	10:05	5:02	13	2:52	35	2:52	8.00	41:16	5:09	10	0:06	106	12:50
Leichtathletikhalle	2.00	9:26	4:43	10	2:22	22	2:22	10.00	50:42	5:04	14	15:12	37	15:12