



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Eichenauer, Beate Lena

Club: Spargelsprinter Burgdorf

Number: 1318

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 49:13

Speed: 12.19 km/h

Running performance: 4:55 min/km

Rank in course/Total: 302 (of 686)

Rank in course/Women: 30 (of 143)

Best time in course: 35:30

Rank in category: 5(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 | 9:51 | 4:55 | 5 | 1:13 | 28 | 2:55 | 2.00 | 9:51 | 4:55 | 12 | | 109 | 2:55 |
| Runde | 2.00 | 9:50 | 4:55 | 5 | 1:07 | 33 | 2:43 | 4.00 | 19:41 | 4:55 | 12 | | 109 | 5:38 |
| Runde | 2.00 | 9:54 | 4:57 | 6 | 1:12 | 31 | 2:44 | 6.00 | 29:35 | 4:55 | 12 | | 18 | 8:22 |
| Runde | 2.00 | 9:59 | 4:59 | 5 | 1:04 | 28 | 2:46 | 8.00 | 39:34 | 4:56 | 12 | | 109 | 11:08 |
| Leichtathletikhalle | 2.00 | 9:39 | 4:49 | 4 | 0:49 | 28 | 2:35 | 10.00 | 49:13 | 4:55 | 5 | 5:07 | 30 | 13:43 |