



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Zotzmann, Anja

Club: Stadtwerke Erfurt

Number: 1125

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 55:00

Speed: 10.91 km/h

Running performance: 5:30 min/km

Rank in course/Total: 524 (of 686)

Rank in course/Women: 78 (of 143)

Best time in course: 35:30

Rank in category: 28(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	11:16	5:38	25	2:38	71	4:20	2.00	11:16	5:38	1	-	112	4:20
Runde	2.00	10:40	5:19	24	1:57	72	3:33	4.00	21:56	5:29	1	-	112	7:53
Runde	2.00	10:54	5:27	26	2:12	76	3:44	6.00	32:50	5:28	1	-	112	11:37
Runde	2.00	11:17	5:38	27	2:22	82	4:04	8.00	44:07	5:30	1	-	37	15:41
Leichtathletikhalle	2.00	10:53	5:26	28	2:03	77	3:49	10.00	55:00	5:30	28	10:54	78	19:30