



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

Lehmann, Maria

Club: Jena

Number: 814

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Frauen (20-29 Jahre)

Total time: 47:57

Speed: 12.51 km/h

Running performance: 4:48 min/km

Rank in course/Total: 252 (of 686)

Rank in course/Women: 22 (of 143)

Best time in course: 35:30

Rank in category: 10(of 31)

Best time in the category: 35:30

Intermediate times				Stage score				Total ranking						
Control	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	8:50	4:25	5	1:54	12	1:54	2.00	8:50	4:25	9		117	1:54
Runde	2.00	9:30	4:45	13	2:23	26	2:23	4.00	18:20	4:34	9		117	4:17
Runde	2.00	9:41	4:50	11	2:31	25	2:31	6.00	28:01	4:40	8		116	6:48
Runde	2.00	9:48	4:54	10	2:35	25	2:35	8.00	37:49	4:43	8		116	9:23
Leichtathletikhalle	2.00	10:08	5:03	14	3:04	43	3:04	10.00	47:57	4:47	10	12:27	22	12:27