



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Leipziger, Sabine

Club: Suhl

Number: 1449

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 51:21

Speed: 11.68 km/h

Running performance: 5:08 min/km

Rank in course/Total: 395 (of 686)

Rank in course/Women: 46 (of 143)

Best time in course: 35:30

Rank in category: 13(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	10:34	5:16	15	1:56	45	3:38	2.00	10:34	5:16	16		96	3:38
Runde	2.00	10:18	5:09	16	1:35	55	3:11	4.00	20:52	5:13	16		119	6:49
Runde	2.00	10:12	5:05	8	1:30	43	3:02	6.00	31:04	5:10	16		118	9:51
Runde	2.00	10:12	5:05	8	1:17	40	2:59	8.00	41:16	5:09	16		106	12:50
Leichtathletikhalle	2.00	10:05	5:02	9	1:15	41	3:01	10.00	51:21	5:08	13	7:15	46	15:51