



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Seifert, Manuela

Club: MTV 1861

Number: 1192

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 57:58

Speed: 10.35 km/h

Running performance: 5:48 min/km

Rank in course/Total: 589 (of 686)

Rank in course/Women: 97 (of 143)

Best time in course: 35:30

Rank in category: 32(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	12:12	6:05	32	3:34	110	5:16	2.00	12:12	6:05	17	0:56	77	5:16
Runde	2.00	11:24	5:42	30	2:41	95	4:17	4.00	23:36	5:54	17	1:40	77	9:33
Runde	2.00	11:22	5:41	30	2:40	95	4:12	6.00	34:58	5:49	17	2:08	77	13:45
Runde	2.00	11:27	5:43	30	2:32	91	4:14	8.00	46:25	5:48	17	2:18	77	17:59
Leichtathletikhalle	2.00	11:33	5:46	35	2:43	108	4:29	10.00	57:58	5:47	32	13:52	97	22:28