



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Streichardt, Ilona

Club: Erfurt
Number: 1070

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Seniorinnen W50 (50-59 Jahre)

Total time: 1:00:44

Speed: 9.88 km/h
Running performance: 6:04 min/km

Rank in course/Total: 636 (of 686)

Rank in course/Women: 119 (of 143)

Best time in course: 35:30

Rank in category: 20(of 22)

Best time in the category: 39:41

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	12:03	6:01	19	4:04	104	5:07	2.00	12:03	6:01	6	0:39	52	5:07
Runde	2.00	12:08	6:03	21	4:17	128	5:01	4.00	24:11	6:02	6	2:01	95	10:08
Runde	2.00	12:14	6:06	20	4:19	126	5:04	6.00	36:25	6:04	6	3:22	121	15:12
Runde	2.00	12:15	6:07	19	4:15	117	5:02	8.00	48:40	6:04	6	4:51	121	20:14
Leichtathletikhalle	2.00	12:04	6:01	20	4:08	120	5:00	10.00	1:00:44	6:04	20	21:03	119	25:14