



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Mannig, Maria

Club: Erfurt
Number: 1464

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Frauen (20-29 Jahre)

Total time: 53:38
Speed: 11.19 km/h
Running performance: 5:22 min/km
Rank in course/Total: 473 (of 686)
Rank in course/Women: 60 (of 143)
Best time in course: 35:30
Rank in category: 16(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	11:39	5:49	20	4:43	88	4:43	2.00	11:39	5:49	8		125	4:43
Runde	2.00	10:37	5:18	17	3:30	67	3:30	4.00	22:16	5:33	8		125	8:13
Runde	2.00	10:24	5:12	16	3:14	57	3:14	6.00	32:40	5:26	7	2:33	124	11:27
Runde	2.00	10:31	5:15	15	3:18	49	3:18	8.00	43:11	5:23	7	2:01	124	14:45
Leichtathletikhalle	2.00	10:27	5:13	15	3:23	59	3:23	10.00	53:38	5:21	16	18:08	60	18:08