



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Gellert, Anja

Club: TSVE 1860 Bielefeld

Number: 1235

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 46:08

Speed: 13.01 km/h

Running performance: 4:37 min/km

Rank in course/Total: 187 (of 686)

Rank in course/Women: 17 (of 143)

Best time in course: 35:30

Rank in category: 3(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	9:59	4:59	6	1:21	30	3:03	2.00	9:59	4:59	20		126	3:03
Runde	2.00	9:01	4:30	3	0:18	16	1:54	4.00	19:00	4:45	20		126	4:57
Runde	2.00	8:59	4:29	2	0:17	12	1:49	6.00	27:59	4:39	20		125	6:46
Runde	2.00	9:06	4:32	2	0:11	13	1:53	8.00	37:05	4:38	20		125	8:39
Leichtathletikhalle	2.00	9:03	4:31	2	0:13	14	1:59	10.00	46:08	4:36	3	2:02	17	10:38