



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Seise, Anke

Club: Wohnungsgenossenschaft Mühlhausen
Number: 1101

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 51:03

Speed: 11.75 km/h

Running performance: 5:07 min/km

Rank in course/Total: 382 (of 686)

Rank in course/Women: 42 (of 143)

Best time in course: 35:30

Rank in category: 10(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	9:35	4:47	4	0:57	22	2:39	2.00	9:35	4:47	23		130	2:39
Runde	2.00	10:02	5:00	7	1:19	39	2:55	4.00	19:37	4:54	23		32	5:34
Runde	2.00	10:20	5:10	16	1:38	54	3:10	6.00	29:57	4:59	23		22	8:44
Runde	2.00	10:39	5:19	18	1:44	60	3:26	8.00	40:36	5:04	23		129	12:10
Leichtathletikhalle	2.00	10:27	5:13	19	1:37	59	3:23	10.00	51:03	5:06	10	6:57	42	15:33