



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hartwich, Gudrun

Club: Erfurt Nord Gymnastik e.V.

Number: 807

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 46:36

Speed: 12.88 km/h

Running performance: 4:40 min/km

Rank in course/Total: 202 (of 686)

Rank in course/Women: 18 (of 143)

Best time in course: 35:30

Rank in category: 3(of 22)

Best time in the category: 39:41

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	9:20	4:40	3	1:21	18	2:24	2.00	9:20	4:40	4		132	2:24
Runde	2.00	9:07	4:33	3	1:16	19	2:00	4.00	18:27	4:36	4		21	4:24
Runde	2.00	9:27	4:43	4	1:32	21	2:17	6.00	27:54	4:38	4		131	6:41
Runde	2.00	9:26	4:43	3	1:26	19	2:13	8.00	37:20	4:40	4		131	8:54
Leichtathletikhalle	2.00	9:16	4:38	3	1:20	20	2:12	10.00	46:36	4:39	3	6:55	18	11:06