



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Seydel, Adina

Club: Hermsdorfer Sportclub

Number: 1452

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Frauen (20-29 Jahre)

Total time: 55:33

Speed: 10.80 km/h

Running performance: 5:34 min/km

Rank in course/Total: 534 (of 686)

Rank in course/Women: 82 (of 143)

Best time in course: 35:30

Rank in category: 17(of 31)

Best time in the category: 35:30

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	11:52	5:56	22	4:56	96	4:56	2.00	11:52	5:56	6		103	4:56
Runde	2.00	11:00	5:30	19	3:53	85	3:53	4.00	22:52	5:43	6		134	8:49
Runde	2.00	10:50	5:25	17	3:40	71	3:40	6.00	33:42	5:37	5	3:35	133	12:29
Runde	2.00	11:05	5:32	17	3:52	74	3:52	8.00	44:47	5:35	5	3:37	100	16:21
Leichtathletikhalle	2.00	10:46	5:23	18	3:42	70	3:42	10.00	55:33	5:33	17	20:03	82	20:03