



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Drehmann, Sissy

Club: Bad Tennstedt

Number: 1250

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Frauen (20-29 Jahre)

Total time: 59:12

Speed: 10.14 km/h

Running performance: 5:55 min/km

Rank in course/Total: 611 (of 686)

Rank in course/Women: 108 (of 143)

Best time in course: 35:30

Rank in category: 23(of 31)

Best time in the category: 35:30

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	12:23	6:11	25	5:27	118	5:27	2.00	12:23	6:11	5	0:05	136	5:27
Runde	2.00	11:32	5:46	23	4:25	104	4:25	4.00	23:55	5:58	5	0:09	136	9:52
Runde	2.00	11:42	5:50	23	4:32	107	4:32	6.00	35:37	5:56	4	5:30	135	14:24
Runde	2.00	12:04	6:01	23	4:51	112	4:51	8.00	47:41	5:57	4	6:31	135	19:15
Leichtathletikhalle	2.00	11:31	5:45	24	4:27	104	4:27	10.00	59:12	5:55	23	23:42	108	23:42