



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Krauß, Ines

Club: Spröttau

Number: 1184

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 54:47

Speed: 10.95 km/h

Running performance: 5:29 min/km

Rank in course/Total: 520 (of 686)

Rank in course/Women: 77 (of 143)

Best time in course: 35:30

Rank in category: 27(of 49)

Best time in the category: 44:06

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	11:16	5:38	25	2:38	71	4:20	2.00	11:16	5:38	1	-	112	4:20
Runde	2.00	10:55	5:27	27	2:12	82	3:48	4.00	22:11	5:32	25	0:15	36	8:08
Runde	2.00	10:58	5:29	27	2:16	79	3:48	6.00	33:09	5:31	25	0:19	57	11:56
Runde	2.00	11:00	5:30	24	2:05	70	3:47	8.00	44:09	5:31	25	0:02	138	15:43
Leichtathletikhalle	2.00	10:38	5:18	23	1:48	68	3:34	10.00	54:47	5:28	27	10:41	77	19:17