



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Ibald, Marie-Therese

Club: LG Steinlach

Number: 1320

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 53:48

Speed: 11.15 km/h

Running performance: 5:23 min/km

Rank in course/Total: 478 (of 686)

Rank in course/Women: 61 (of 143)

Best time in course: 35:30

Rank in category: 10(of 22)

Best time in the category: 39:41

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	10:30	5:15	6	2:31	44	3:34	2.00	10:30	5:15	3		141	3:34
Runde	2.00	10:29	5:14	9	2:38	61	3:22	4.00	20:59	5:14	3		141	6:56
Runde	2.00	10:53	5:26	11	2:58	73	3:43	6.00	31:52	5:18	3		139	10:39
Runde	2.00	11:03	5:31	12	3:03	72	3:50	8.00	42:55	5:21	3		139	14:29
Leichtathletikhalle	2.00	10:53	5:26	11	2:57	77	3:49	10.00	53:48	5:22	10	14:07	61	18:18