



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Sarkadi, Melanie

Club: Erfurt
Number: 1265

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Seniorinnen W30 (30-39 Jahre)

Total time: 42:04
Speed: 14.26 km/h
Running performance: 4:13 min/km
Rank in course/Total: 71 (of 686)
Rank in course/Women: 7 (of 143)
Best time in course: 35:30
Rank in category: 2(of 32)
Best time in the category: 40:27

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	7:49	3:54	2	0:36	6	0:53	2.00	7:49	3:54	31		8	0:53
Runde	2.00	8:16	4:08	2	0:21	7	1:09	4.00	16:05	4:01	31		8	2:02
Runde	2.00	8:32	4:15	3	0:18	9	1:22	6.00	24:37	4:06	31		8	3:24
Runde	2.00	8:44	4:21	3	0:12	9	1:31	8.00	33:21	4:10	30		8	4:55
Leichtathletikhalle	2.00	8:43	4:21	3	0:14	10	1:39	10.00	42:04	4:12	2	1:37	7	6:34