



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Debertshäuser, Steffi

Club: Sv-Sömmerda

Number: 1037

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 44:06

Speed: 13.61 km/h

Running performance: 4:25 min/km

Rank in course/Total: 123 (of 686)

Rank in course/Women: 10 (of 143)

Best time in course: 35:30

Rank in category: 1(of 49)

Best time in the category: 44:06

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	8:56	4:28	2	0:18	15	2:00	2.00	8:56	4:28	38		10	2:00
Runde	2.00	8:43	4:21	1	-	10	1:36	4.00	17:39	4:24	38		10	3:36
Runde	2.00	8:42	4:20	1	-	11	1:32	6.00	26:21	4:23	38		10	5:08
Runde	2.00	8:55	4:27	1	-	11	1:42	8.00	35:16	4:24	38		10	6:50
Leichtathletikhalle	2.00	8:50	4:25	1	-	12	1:46	10.00	44:06	4:24	1	-	10	8:36