



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kretzer, Uta

Club: fit&run Weimar

Number: 1231

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 45:00

Speed: 13.33 km/h

Running performance: 4:30 min/km

Rank in course/Total: 150 (of 686)

Rank in course/Women: 11 (of 143)

Best time in course: 35:30

Rank in category: 2(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	8:38	4:18	1	-	9	1:42	2.00	8:38	4:18	27		11	1:42
Runde	2.00	8:52	4:26	2	0:09	12	1:45	4.00	17:30	4:22	27		11	3:27
Runde	2.00	9:04	4:31	3	0:22	14	1:54	6.00	26:34	4:25	27		11	5:21
Runde	2.00	9:14	4:36	3	0:19	15	2:01	8.00	35:48	4:28	27		11	7:22
Leichtathletikhalle	2.00	9:12	4:35	3	0:22	18	2:08	10.00	45:00	4:30	2	0:54	11	9:30