



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Bärwolf, Silvia

Club: Laufftreff Breitungen

Number: 927

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 45:03

Speed: 13.32 km/h

Running performance: 4:30 min/km

Rank in course/Total: 155 (of 686)

Rank in course/Women: 12 (of 143)

Best time in course: 35:30

Rank in category: 2(of 22)

Best time in the category: 39:41

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	8:44	4:21	2	0:45	10	1:48	2.00	8:44	4:21	22		13	1:48
Runde	2.00	8:55	4:27	2	1:04	14	1:48	4.00	17:39	4:24	22		10	3:36
Runde	2.00	9:03	4:31	2	1:08	13	1:53	6.00	26:42	4:27	22		13	5:29
Runde	2.00	9:11	4:35	2	1:11	14	1:58	8.00	35:53	4:29	22		13	7:27
Leichtathletikhalle	2.00	9:10	4:34	2	1:14	17	2:06	10.00	45:03	4:30	2	5:22	12	9:33