



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 |