



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Belz, Johanna

Club: SSV 07 Schlotheim

Number: 937

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Frauen (20-29 Jahre)

Total time: 45:18

Speed: 13.25 km/h

Running performance: 4:32 min/km

Rank in course/Total: 163 (of 686)

Rank in course/Women: 14 (of 143)

Best time in course: 35:30

Rank in category: 7(of 31)

Best time in the category: 35:30

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Total ranking		
						Pos Women	Behind Women	km	Time			Pos Women	Behind Women	
Runde	2.00	8:51	4:25	6	1:55	13	1:55	2.00	8:51	4:25	26		14	1:55
Runde	2.00	8:53	4:26	7	1:46	13	1:46	4.00	17:44	4:26	26		14	3:41
Runde	2.00	9:13	4:36	8	2:03	17	2:03	6.00	26:57	4:29	24		14	5:44
Runde	2.00	9:21	4:40	8	2:08	16	2:08	8.00	36:18	4:32	24		14	7:52
Leichtathletikhalle	2.00	9:00	4:30	8	1:56	13	1:56	10.00	45:18	4:31	7	9:48	14	9:48