



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hesse, Peggy

Club: Udestedt

Number: 1369

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 49:09

Speed: 12.21 km/h

Running performance: 4:55 min/km

Rank in course/Total: 298 (of 686)

Rank in course/Women: 28 (of 143)

Best time in course: 35:30

Rank in category: 4(of 49)

Best time in the category: 44:06

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	10:18	5:09	13	1:40	41	3:22	2.00	10:18	5:09	28		19	3:22
Runde	2.00	9:47	4:53	4	1:04	31	2:40	4.00	20:05	5:01	28		19	6:02
Runde	2.00	9:42	4:50	4	1:00	27	2:32	6.00	29:47	4:57	28		19	8:34
Runde	2.00	9:43	4:51	4	0:48	24	2:30	8.00	39:30	4:56	28		19	11:04
Leichtathletikhalle	2.00	9:39	4:49	4	0:49	28	2:35	10.00	49:09	4:54	4	5:03	28	13:39