



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Lux, Corinna

Club: Wiegleben

Number: 1163

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 50:08

Speed: 11.97 km/h

Running performance: 5:01 min/km

Rank in course/Total: 334 (of 686)

Rank in course/Women: 32 (of 143)

Best time in course: 35:30

Rank in category: 6(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	10:10	5:04	8	1:32	33	3:14	2.00	10:10	5:04	29		22	3:14
Runde	2.00	9:56	4:58	6	1:13	34	2:49	4.00	20:06	5:01	29		22	6:03
Runde	2.00	9:51	4:55	5	1:09	30	2:41	6.00	29:57	4:59	23		22	8:44
Runde	2.00	10:01	5:00	6	1:06	32	2:48	8.00	39:58	4:59	29		22	11:32
Leichtathletikhalle	2.00	10:10	5:04	11	1:20	46	3:06	10.00	50:08	5:00	6	6:02	32	14:38