



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schaefer, Monika

Club: Erfurt
Number: 1057

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Seniorinnen W60 (60-69 Jahre)

Total time: 50:15

Speed: 11.94 km/h
Running performance: 5:02 min/km

Rank in course/Total: 342 (of 686)

Rank in course/Women: 33 (of 143)

Best time in course: 35:30

Rank in category: 1(of 3)

Best time in the category: 50:15

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women
								km	Time	min/km	Pos	Behind	Pos				
Runde	2.00	9:56	4:58	1	-	29	3:00	2.00	9:56	4:58	1	-	23	3:00			
Runde	2.00	9:47	4:53	1	-	31	2:40	4.00	19:43	4:55	1	-	23	5:40			
Runde	2.00	10:03	5:01	1	-	36	2:53	6.00	29:46	4:57	1	-	23	8:33			
Runde	2.00	10:17	5:08	1	-	43	3:04	8.00	40:03	5:00	1	-	23	11:37			
Leichtathletikhalle	2.00	10:12	5:05	1	-	49	3:08	10.00	50:15	5:01	1	-	33	14:45			