



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Wiegbert, Gitte

Club: VfLHüpstedt

Number: 961

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 53:05

Speed: 11.30 km/h

Running performance: 5:19 min/km

Rank in course/Total: 451 (of 686)

Rank in course/Women: 56 (of 143)

Best time in course: 35:30

Rank in category: 8(of 22)

Best time in the category: 39:41

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	11:36	5:47	16	3:37	87	4:40	2.00	11:36	5:47	21	0:12	24	4:40
Runde	2.00	10:21	5:10	8	2:30	58	3:14	4.00	21:57	5:29	21		24	7:54
Runde	2.00	10:13	5:06	6	2:18	44	3:03	6.00	32:10	5:21	21		24	10:57
Runde	2.00	10:38	5:18	9	2:38	58	3:25	8.00	42:48	5:20	21		24	14:22
Leichtathletikhalle	2.00	10:17	5:08	7	2:21	53	3:13	10.00	53:05	5:18	8	13:24	56	17:35