



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Böhm, Christine

Club: Auto Böhm

Number: 1100

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 51:23

Speed: 11.68 km/h

Running performance: 5:08 min/km

Rank in course/Total: 397 (of 686)

Rank in course/Women: 48 (of 143)

Best time in course: 35:30

Rank in category: 12(of 32)

Best time in the category: 40:27

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	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	11:05	5:32	13	3:52	64	4:09	2.00	11:05	5:32	27		25	4:09
Runde	2.00	10:12	5:05	11	2:17	48	3:05	4.00	21:17	5:19	27		25	7:14
Runde	2.00	10:13	5:06	13	1:59	44	3:03	6.00	31:30	5:15	27		25	10:17
Runde	2.00	10:06	5:02	11	1:34	37	2:53	8.00	41:36	5:12	26		25	13:10
Leichtathletikhalle	2.00	9:47	4:53	8	1:18	31	2:43	10.00	51:23	5:08	12	10:56	48	15:53