



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Fritzlar, Heike

Club: Mühlhäuser Röblinglaufverein

Number: 1404

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 52:33

Speed: 11.42 km/h

Running performance: 5:16 min/km

Rank in course/Total: 437 (of 686)

Rank in course/Women: 55 (of 143)

Best time in course: 35:30

Rank in category: 17(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 | 10:58 | 5:29 | 20 | 2:20 | 56 | 4:02 | 2.00 | 10:58 | 5:29 | 11 | | 26 | 4:02 |
| Runde | 2.00 | 10:14 | 5:06 | 14 | 1:31 | 53 | 3:07 | 4.00 | 21:12 | 5:17 | 30 | | 26 | 7:09 |
| Runde | 2.00 | 10:19 | 5:09 | 14 | 1:37 | 52 | 3:09 | 6.00 | 31:31 | 5:15 | 30 | | 26 | 10:18 |
| Runde | 2.00 | 10:33 | 5:16 | 16 | 1:38 | 52 | 3:20 | 8.00 | 42:04 | 5:15 | 30 | | 26 | 13:38 |
| Leichtathletikhalle | 2.00 | 10:29 | 5:14 | 21 | 1:39 | 62 | 3:25 | 10.00 | 52:33 | 5:15 | 17 | 8:27 | 55 | 17:03 |