



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