



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Müller, Heike

Club: Bad Berka / Bergern

Number: 1178

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 52:22

Speed: 11.46 km/h

Running performance: 5:14 min/km

Rank in course/Total: 424 (of 686)

Rank in course/Women: 53 (of 143)

Best time in course: 35:30

Rank in category: 16(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	11:29	5:44	29	2:51	80	4:33	2.00	11:29	5:44	31	0:13	27	4:33
Runde	2.00	10:13	5:06	12	1:30	50	3:06	4.00	21:42	5:25	31		27	7:39
Runde	2.00	10:15	5:07	10	1:33	48	3:05	6.00	31:57	5:19	31		27	10:44
Runde	2.00	10:17	5:08	11	1:22	43	3:04	8.00	42:14	5:16	31		27	13:48
Leichtathletikhalle	2.00	10:08	5:03	10	1:18	43	3:04	10.00	52:22	5:14	16	8:16	53	16:52