



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Stroh, Viola

Club: Erfurt Nord Gymnastik

Number: 1289

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 52:24

Speed: 11.45 km/h

Running performance: 5:14 min/km

Rank in course/Total: 429 (of 686)

Rank in course/Women: 54 (of 143)

Best time in course: 35:30

Rank in category: 7(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	10:50	5:25	10	2:51	53	3:54	2.00	10:50	5:25	20		29	3:54
Runde	2.00	10:10	5:04	6	2:19	46	3:03	4.00	21:00	5:15	20		29	6:57
Runde	2.00	10:20	5:10	7	2:25	54	3:10	6.00	31:20	5:13	20		28	10:07
Runde	2.00	10:34	5:16	6	2:34	53	3:21	8.00	41:54	5:14	20		29	13:28
Leichtathletikhalle	2.00	10:30	5:15	9	2:34	64	3:26	10.00	52:24	5:14	7	12:43	54	16:54