



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Münch, Birgit

Club: sc impuls erfurt

Number: 1305

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 50:56

Speed: 11.78 km/h

Running performance: 5:05 min/km

Rank in course/Total: 376 (of 686)

Rank in course/Women: 39 (of 143)

Best time in course: 35:30

Rank in category: 8(of 49)

Best time in the category: 44:06

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	10:12	5:05	9	1:34	35	3:16	2.00	10:12	5:05	32		15	3:16
Runde	2.00	10:13	5:06	12	1:30	50	3:06	4.00	20:25	5:06	32		31	6:22
Runde	2.00	10:15	5:07	10	1:33	48	3:05	6.00	30:40	5:06	32		31	9:27
Runde	2.00	10:16	5:08	10	1:21	42	3:03	8.00	40:56	5:06	32		31	12:30
Leichtathletikhalle	2.00	10:00	5:00	7	1:10	36	2:56	10.00	50:56	5:05	8	6:50	39	15:26