



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Ihlefeld, Yvonne

Club: Schönebeck

Number: 676

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 54:13

Speed: 11.07 km/h

Running performance: 5:25 min/km

Rank in course/Total: 495 (of 686)

Rank in course/Women: 66 (of 143)

Best time in course: 35:30

Rank in category: 13(of 32)

Best time in the category: 40:27

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	11:00	5:30	12	3:47	60	4:04	2.00	11:00	5:30	24		35	4:04
Runde	2.00	10:26	5:13	13	2:31	59	3:19	4.00	21:26	5:21	24		35	7:23
Runde	2.00	10:46	5:23	14	2:32	62	3:36	6.00	32:12	5:22	24		35	10:59
Runde	2.00	11:02	5:30	16	2:30	71	3:49	8.00	43:14	5:24	23		35	14:48
Leichtathletikhalle	2.00	10:59	5:29	16	2:30	81	3:55	10.00	54:13	5:25	13	13:46	66	18:43