



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Bürger, Sandra

Club: Hörselberg-Hainich

Number: 1387

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 54:41

Speed: 10.97 km/h

Running performance: 5:28 min/km

Rank in course/Total: 514 (of 686)

Rank in course/Women: 74 (of 143)

Best time in course: 35:30

Rank in category: 26(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	11:06	5:32	23	2:28	66	4:10	2.00	11:06	5:32	35		37	4:10
Runde	2.00	11:07	5:33	28	2:24	89	4:00	4.00	22:13	5:33	35	0:17	37	8:10
Runde	2.00	10:45	5:22	20	2:03	61	3:35	6.00	32:58	5:29	35	0:08	37	11:45
Runde	2.00	11:09	5:34	26	2:14	76	3:56	8.00	44:07	5:30	1	-	37	15:41
Leichtathletikhalle	2.00	10:34	5:16	22	1:44	65	3:30	10.00	54:41	5:28	26	10:35	74	19:11