



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hammer, Franziska

Club: Erfurt
Number: 883

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Seniorinnen W30 (30-39 Jahre)

Total time: 54:14

Speed: 11.06 km/h
Running performance: 5:25 min/km

Rank in course/Total: 496 (of 686)

Rank in course/Women: 67 (of 143)

Best time in course: 35:30

Rank in category: 14(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Women	Behind Women	Total km	Total Time			Total min/km	Pos Women	Behind Women
Runde	2.00	11:58	5:59	26	4:45	102	5:02	2.00	11:58	5:59	23	0:10	39	5:02
Runde	2.00	10:49	5:24	18	2:54	79	3:42	4.00	22:47	5:41	23	0:13	39	8:44
Runde	2.00	10:49	5:24	16	2:35	67	3:39	6.00	33:36	5:36	23	0:16	39	12:23
Runde	2.00	10:37	5:18	13	2:05	56	3:24	8.00	44:13	5:31	22		39	15:47
Leichtathletikhalle	2.00	10:01	5:00	11	1:32	37	2:57	10.00	54:14	5:25	14	13:47	67	18:44