



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Haag, Heike

Club: SV Wartburgstadt Triathlon

Number: 1612

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 53:55

Speed: 11.13 km/h

Running performance: 5:23 min/km

Rank in course/Total: 482 (of 686)

Rank in course/Women: 64 (of 143)

Best time in course: 35:30

Rank in category: 22(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	11:04	5:31	22	2:26	63	4:08	2.00	11:04	5:31	36		40	4:08
Runde	2.00	10:42	5:20	25	1:59	74	3:35	4.00	21:46	5:26	36		40	7:43
Runde	2.00	10:53	5:26	25	2:11	73	3:43	6.00	32:39	5:26	36		40	11:26
Runde	2.00	10:53	5:26	20	1:58	65	3:40	8.00	43:32	5:26	36		40	15:06
Leichtathletikhalle	2.00	10:23	5:11	18	1:33	56	3:19	10.00	53:55	5:23	22	9:49	64	18:25