



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Uhlig, Simone

Club: Erfurt

Number: 1038

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 53:20

Speed: 11.25 km/h

Running performance: 5:20 min/km

Rank in course/Total: 462 (of 686)

Rank in course/Women: 59 (of 143)

Best time in course: 35:30

Rank in category: 19(of 49)

Best time in the category: 44:06

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Stage score | | | | Total ranking | | | | | | |
|---------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
| | | | | Pos Cat. | Behind Cat. | Pos Women | Behind Women | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
| Runde | 2.00 | 11:28 | 5:44 | 28 | 2:50 | 79 | 4:32 | 2.00 | 11:28 | 5:44 | 37 | 0:12 | 41 | 4:32 |
| Runde | 2.00 | 10:35 | 5:17 | 21 | 1:52 | 65 | 3:28 | 4.00 | 22:03 | 5:30 | 37 | 0:07 | 41 | 8:00 |
| Runde | 2.00 | 10:35 | 5:17 | 18 | 1:53 | 59 | 3:25 | 6.00 | 32:38 | 5:26 | 37 | | 41 | 11:25 |
| Runde | 2.00 | 10:32 | 5:15 | 14 | 1:37 | 50 | 3:19 | 8.00 | 43:10 | 5:23 | 37 | | 41 | 14:44 |
| Leichtathletikhalle | 2.00 | 10:10 | 5:04 | 11 | 1:20 | 46 | 3:06 | 10.00 | 53:20 | 5:20 | 19 | 9:14 | 59 | 17:50 |