



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Finger, Jacqueline

Club: SC Impuls Erfurt

Number: 1355

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 51:36

Speed: 11.63 km/h

Running performance: 5:10 min/km

Rank in course/Total: 403 (of 686)

Rank in course/Women: 49 (of 143)

Best time in course: 35:30

Rank in category: 14(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	10:52	5:26	19	2:14	55	3:56	2.00	10:52	5:26	26		44	3:56
Runde	2.00	10:18	5:09	16	1:35	55	3:11	4.00	21:10	5:17	26		44	7:07
Runde	2.00	10:17	5:08	13	1:35	51	3:07	6.00	31:27	5:14	26		44	10:14
Runde	2.00	10:05	5:02	7	1:10	35	2:52	8.00	41:32	5:11	26		44	13:06
Leichtathletikhalle	2.00	10:04	5:01	8	1:14	40	3:00	10.00	51:36	5:09	14	7:30	49	16:06