



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Pfeifer, Jana**

Club: Saalfelder LV

Number: 1214

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 54:03

Speed: 11.10 km/h

Running performance: 5:24 min/km

Rank in course/Total: 488 (of 686)

Rank in course/Women: 65 (of 143)

Best time in course: 35:30

Rank in category: 23(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	11:08	5:33	24	2:30	67	4:12	2.00	11:08	5:33	39		45	4:12
Runde	2.00	10:31	5:15	20	1:48	62	3:24	4.00	21:39	5:24	39		30	7:36
Runde	2.00	10:43	5:21	19	2:01	60	3:33	6.00	32:22	5:23	39		45	11:09
Runde	2.00	10:53	5:26	20	1:58	65	3:40	8.00	43:15	5:24	39		45	14:49
Leichtathletikhalle	2.00	10:48	5:24	25	1:58	73	3:44	10.00	54:03	5:24	23	9:57	65	18:33