



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Aßmann, Sabine

Club: Ballstedt

Number: 1339

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 50:36

Speed: 11.86 km/h

Running performance: 5:04 min/km

Rank in course/Total: 357 (of 686)

Rank in course/Women: 36 (of 143)

Best time in course: 35:30

Rank in category: 5(of 22)

Best time in the category: 39:41

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	10:46	5:23	7	2:47	50	3:50	2.00	10:46	5:23	17		47	3:50
Runde	2.00	9:59	4:59	5	2:08	37	2:52	4.00	20:45	5:11	17		47	6:42
Runde	2.00	9:57	4:58	5	2:02	32	2:47	6.00	30:42	5:06	17		47	9:29
Runde	2.00	10:02	5:00	5	2:02	33	2:49	8.00	40:44	5:05	17		47	12:18
Leichtathletikhalle	2.00	9:52	4:56	5	1:56	33	2:48	10.00	50:36	5:03	5	10:55	36	15:06