



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Teubner, Sandra

Club: Erfurt
Number: 989

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Seniorinnen W30 (30-39 Jahre)

Total time: 59:22

Speed: 10.11 km/h
Running performance: 5:56 min/km

Rank in course/Total: 614 (of 686)

Rank in course/Women: 109 (of 143)

Best time in course: 35:30

Rank in category: 26(of 32)

Best time in the category: 40:27

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	12:03	6:01	27	4:50	104	5:07	2.00	12:03	6:01	7	0:15	52	5:07
Runde	2.00	11:31	5:45	25	3:36	103	4:24	4.00	23:34	5:53	8	1:00	52	9:31
Runde	2.00	11:47	5:53	26	3:33	109	4:37	6.00	35:21	5:53	18	2:01	52	14:08
Runde	2.00	12:00	6:00	25	3:28	109	4:47	8.00	47:21	5:55	1	-	52	18:55
Leichtathletikhalle	2.00	12:01	6:00	29	3:32	118	4:57	10.00	59:22	5:56	26	18:55	109	23:52