



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Dambeck, Elisa

Club: Jena

Number: 1000

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Frauen (20-29 Jahre)

Total time: 47:24

Speed: 12.66 km/h

Running performance: 4:44 min/km

Rank in course/Total: 236 (of 686)

Rank in course/Women: 20 (of 143)

Best time in course: 35:30

Rank in category: 9(of 31)

Best time in the category: 35:30

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	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	11:20	5:40	16	4:24	74	4:24	2.00	11:20	5:40	22		42	4:24
Runde	2.00	9:28	4:44	12	2:21	23	2:21	4.00	20:48	5:12	22		53	6:45
Runde	2.00	9:05	4:32	7	1:55	15	1:55	6.00	29:53	4:58	20		53	8:40
Runde	2.00	9:02	4:30	7	1:49	12	1:49	8.00	38:55	4:51	20		53	10:29
Leichtathletikhalle	2.00	8:29	4:14	5	1:25	6	1:25	10.00	47:24	4:44	9	11:54	20	11:54