



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hillhof, Ute

Club: ASV Erfurt

Number: 849

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 59:01

Speed: 10.17 km/h

Running performance: 5:54 min/km

Rank in course/Total: 607 (of 686)

Rank in course/Women: 106 (of 143)

Best time in course: 35:30

Rank in category: 18(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	13:05	6:32	22	5:06	132	6:09	2.00	13:05	6:32	16	1:41	55	6:09
Runde	2.00	11:27	5:43	18	3:36	100	4:20	4.00	24:32	6:08	16	2:22	55	10:29
Runde	2.00	11:38	5:48	18	3:43	102	4:28	6.00	36:10	6:01	16	3:07	55	14:57
Runde	2.00	11:43	5:51	17	3:43	102	4:30	8.00	47:53	5:59	16	4:04	55	19:27
Leichtathletikhalle	2.00	11:08	5:33	13	3:12	82	4:04	10.00	59:01	5:54	18	19:20	106	23:31