



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Röhle, Marlies

Club: LTV Erfurt

Number: 803

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 56:52

Speed: 10.55 km/h

Running performance: 5:41 min/km

Rank in course/Total: 564 (of 686)

Rank in course/Women: 89 (of 143)

Best time in course: 35:30

Rank in category: 16(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 | 11:41 | 5:50 | 17 | 3:42 | 89 | 4:45 | 2.00 | 11:41 | 5:50 | 15 | 0:17 | 57 | 4:45 |
| Runde | 2.00 | 10:39 | 5:19 | 11 | 2:48 | 69 | 3:32 | 4.00 | 22:20 | 5:34 | 15 | 0:10 | 57 | 8:17 |
| Runde | 2.00 | 10:49 | 5:24 | 9 | 2:54 | 67 | 3:39 | 6.00 | 33:09 | 5:31 | 15 | 0:06 | 57 | 11:56 |
| Runde | 2.00 | 11:47 | 5:53 | 18 | 3:47 | 105 | 4:34 | 8.00 | 44:56 | 5:36 | 15 | 1:07 | 57 | 16:30 |
| Leichtathletikhalle | 2.00 | 11:56 | 5:58 | 19 | 4:00 | 114 | 4:52 | 10.00 | 56:52 | 5:41 | 16 | 17:11 | 89 | 21:22 |