



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Pleitz, Anja

Club: Erfurt
Number: 1301

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Seniorinnen W40 (40-49 Jahre)

Total time: 57:37

Speed: 10.41 km/h
Running performance: 5:46 min/km

Rank in course/Total: 582 (of 686)

Rank in course/Women: 95 (of 143)

Best time in course: 35:30

Rank in category: 30(of 49)

Best time in the category: 44:06

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	12:10	6:04	31	3:32	108	5:14	2.00	12:10	6:04	43	0:54	61	5:14
Runde	2.00	11:29	5:44	33	2:46	102	4:22	4.00	23:39	5:54	43	1:43	61	9:36
Runde	2.00	11:23	5:41	32	2:41	97	4:13	6.00	35:02	5:50	43	2:12	61	13:49
Runde	2.00	11:26	5:43	29	2:31	90	4:13	8.00	46:28	5:48	43	2:21	61	18:02
Leichtathletikhalle	2.00	11:09	5:34	29	2:19	85	4:05	10.00	57:37	5:45	30	13:31	95	22:07