



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Leonhardt, Ines

Club: Gotha

Number: 909

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 58:09

Speed: 10.32 km/h

Running performance: 5:49 min/km

Rank in course/Total: 592 (of 686)

Rank in course/Women: 99 (of 143)

Best time in course: 35:30

Rank in category: 34(of 49)

Best time in the category: 44:06

Intermediate times

Stage score

Total ranking

| Control | 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 | 12:35 | 6:17 | 41 | 3:57 | 124 | 5:39 | 2.00 | 12:35 | 6:17 | 44 | 1:19 | 62 | 5:39 |
| Runde | 2.00 | 11:19 | 5:39 | 29 | 2:36 | 94 | 4:12 | 4.00 | 23:54 | 5:58 | 44 | 1:58 | 62 | 9:51 |
| Runde | 2.00 | 11:19 | 5:39 | 29 | 2:37 | 93 | 4:09 | 6.00 | 35:13 | 5:52 | 44 | 2:23 | 62 | 14:00 |
| Runde | 2.00 | 11:39 | 5:49 | 33 | 2:44 | 99 | 4:26 | 8.00 | 46:52 | 5:51 | 44 | 2:45 | 62 | 18:26 |
| Leichtathletikhalle | 2.00 | 11:17 | 5:38 | 31 | 2:27 | 89 | 4:13 | 10.00 | 58:09 | 5:48 | 34 | 14:03 | 99 | 22:39 |