



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.	Stage score		Total ranking						
						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