



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Bauer, Dorothee

Club: delicioussign

Number: 1601

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 50:29

Speed: 11.89 km/h

Running performance: 5:03 min/km

Rank in course/Total: 355 (of 686)

Rank in course/Women: 35 (of 143)

Best time in course: 35:30

Rank in category: 9(of 32)

Best time in the category: 40:27

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	10:16	5:08	8	3:03	39	3:20	2.00	10:16	5:08	16		63	3:20
Runde	2.00	10:12	5:05	11	2:17	48	3:05	4.00	20:28	5:06	16		64	6:25
Runde	2.00	10:06	5:02	12	1:52	40	2:56	6.00	30:34	5:05	16		64	9:21
Runde	2.00	10:08	5:03	12	1:36	38	2:55	8.00	40:42	5:05	15		64	12:16
Leichtathletikhalle	2.00	9:47	4:53	8	1:18	31	2:43	10.00	50:29	5:02	9	10:02	35	14:59