



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Günther, Irene

Club: Erfurt
Number: 889

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Seniorinnen W40 (40-49 Jahre)

Total time: 51:17

Speed: 11.70 km/h
Running performance: 5:08 min/km

Rank in course/Total: 387 (of 686)

Rank in course/Women: 44 (of 143)

Best time in course: 35:30

Rank in category: 11(of 49)

Best time in the category: 44:06

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	10:03	5:01	7	1:25	31	3:07	2.00	10:03	5:01	46		65	3:07
Runde	2.00	10:10	5:04	11	1:27	46	3:03	4.00	20:13	5:03	46		65	6:10
Runde	2.00	10:19	5:09	14	1:37	52	3:09	6.00	30:32	5:05	46		65	9:19
Runde	2.00	10:32	5:15	14	1:37	50	3:19	8.00	41:04	5:08	46		65	12:38
Leichtathletikhalle	2.00	10:13	5:06	15	1:23	51	3:09	10.00	51:17	5:07	11	7:11	44	15:47