



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Stephan, Helen**

Club: Erfurt

Number: 1173

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Frauen (20-29 Jahre)

Total time: 58:11

Speed: 10.31 km/h

Running performance: 5:49 min/km

Rank in course/Total: 593 (of 686)

Rank in course/Women: 100 (of 143)

Best time in course: 35:30

Rank in category: 21(of 31)

Best time in the category: 35:30

### 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	12:18	6:09	24	5:22	114	5:22	2.00	12:18	6:09	1	-	67	5:22
Runde	2.00	11:28	5:44	22	4:21	101	4:21	4.00	23:46	5:56	1	-	67	9:43
Runde	2.00	11:20	5:40	21	4:10	94	4:10	6.00	35:06	5:51	15	4:59	67	13:53
Runde	2.00	11:35	5:47	20	4:22	95	4:22	8.00	46:41	5:50	15	5:31	67	18:15
Leichtathletikhalle	2.00	11:30	5:45	23	4:26	102	4:26	10.00	58:11	5:49	21	22:41	100	22:41