



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Gädke, Michaela

Club: Erfurt
Number: 1348

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Seniorinnen W30 (30-39 Jahre)

Total time: 54:20

Speed: 11.04 km/h
Running performance: 5:26 min/km

Rank in course/Total: 501 (of 686)

Rank in course/Women: 69 (of 143)

Best time in course: 35:30

Rank in category: 15(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 | 11:56 | 5:58 | 25 | 4:43 | 101 | 5:00 | 2.00 | 11:56 | 5:58 | 14 | 0:08 | 69 | 5:00 |
| Runde | 2.00 | 10:46 | 5:23 | 16 | 2:51 | 76 | 3:39 | 4.00 | 22:42 | 5:40 | 14 | 0:08 | 69 | 8:39 |
| Runde | 2.00 | 10:04 | 5:01 | 11 | 1:50 | 37 | 2:54 | 6.00 | 32:46 | 5:27 | 14 | | 69 | 11:33 |
| Runde | 2.00 | 10:44 | 5:21 | 14 | 2:12 | 61 | 3:31 | 8.00 | 43:30 | 5:26 | 13 | | 69 | 15:04 |
| Leichtathletikhalle | 2.00 | 10:50 | 5:25 | 15 | 2:21 | 75 | 3:46 | 10.00 | 54:20 | 5:26 | 15 | 13:53 | 69 | 18:50 |