



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