



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Sommerfeld, Sylvia

Club: Erfurt
Number: 1018

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Seniorinnen W40 (40-49 Jahre)

Total time: 59:23
Speed: 10.10 km/h
Running performance: 5:56 min/km
Rank in course/Total: 615 (of 686)
Rank in course/Women: 110 (of 143)
Best time in course: 35:30
Rank in category: 37(of 49)
Best time in the category: 44:06

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	12:38	6:18	42	4:00	125	5:42	2.00	12:38	6:18	47	1:22	58	5:42
Runde	2.00	11:41	5:50	36	2:58	111	4:34	4.00	24:19	6:04	47	2:23	73	10:16
Runde	2.00	11:39	5:49	34	2:57	103	4:29	6.00	35:58	5:59	8	3:08	73	14:45
Runde	2.00	12:01	6:00	39	3:06	110	4:48	8.00	47:59	5:59	47	3:52	73	19:33
Leichtathletikhalle	2.00	11:24	5:42	33	2:34	95	4:20	10.00	59:23	5:56	37	15:17	110	23:53