



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Beyer, Annette

Club: Ruhla

Number: 1126

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 54:42

Speed: 10.97 km/h

Running performance: 5:28 min/km

Rank in course/Total: 515 (of 686)

Rank in course/Women: 75 (of 143)

Best time in course: 35:30

Rank in category: 13(of 22)

Best time in the category: 39:41

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	10:47	5:23	8	2:48	51	3:51	2.00	10:47	5:23	14		30	3:51
Runde	2.00	10:37	5:18	10	2:46	67	3:30	4.00	21:24	5:20	14		75	7:21
Runde	2.00	10:55	5:27	13	3:00	77	3:45	6.00	32:19	5:23	14		75	11:06
Runde	2.00	11:11	5:35	13	3:11	77	3:58	8.00	43:30	5:26	14		69	15:04
Leichtathletikhalle	2.00	11:12	5:35	14	3:16	86	4:08	10.00	54:42	5:28	13	15:01	75	19:12