



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Scheunemann, Sandy

Club: Bad Klosterlausnitz

Number: 1474

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 1:02:45

Speed: 9.56 km/h

Running performance: 6:17 min/km

Rank in course/Total: 653 (of 686)

Rank in course/Women: 129 (of 143)

Best time in course: 35:30

Rank in category: 44(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	12:34	6:16	40	3:56	123	5:38	2.00	12:34	6:16	49	1:18	79	5:38
Runde	2.00	12:23	6:11	45	3:40	132	5:16	4.00	24:57	6:14	49	3:01	79	10:54
Runde	2.00	12:32	6:15	45	3:50	130	5:22	6.00	37:29	6:14	49	4:39	79	16:16
Runde	2.00	12:44	6:21	45	3:49	132	5:31	8.00	50:13	6:16	49	6:06	79	21:47
Leichtathletikhalle	2.00	12:32	6:15	43	3:42	130	5:28	10.00	1:02:45	6:16	44	18:39	129	27:15