



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Göbel, Stephanie

Club: Neudietendorf

Number: 1201

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 59:55

Speed: 10.01 km/h

Running performance: 5:59 min/km

Rank in course/Total: 623 (of 686)

Rank in course/Women: 114 (of 143)

Best time in course: 35:30

Rank in category: 28(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	11:50	5:55	22	4:37	93	4:54	2.00	11:50	5:55	10	0:02	54	4:54
Runde	2.00	11:58	5:59	30	4:03	125	4:51	4.00	23:48	5:57	10	1:14	60	9:45
Runde	2.00	11:55	5:57	28	3:41	113	4:45	6.00	35:43	5:57	10	2:23	80	14:30
Runde	2.00	12:17	6:08	29	3:45	121	5:04	8.00	48:00	6:00	9	0:39	80	19:34
Leichtathletikhalle	2.00	11:55	5:57	27	3:26	113	4:51	10.00	59:55	5:59	28	19:28	114	24:25