



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Wichum, Annett

Club: Erfurt
Number: 1363

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Seniorinnen W40 (40-49 Jahre)

Total time: 1:01:36

Speed: 9.74 km/h
Running performance: 6:10 min/km

Rank in course/Total: 645 (of 686)

Rank in course/Women: 125 (of 143)

Best time in course: 35:30

Rank in category: 41(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	13:11	6:35	45	4:33	135	6:15	2.00	13:11	6:35	10	1:55	84	6:15
Runde	2.00	11:55	5:57	42	3:12	124	4:48	4.00	25:06	6:16	14	3:10	84	11:03
Runde	2.00	12:03	6:01	40	3:21	117	4:53	6.00	37:09	6:11	10	4:19	84	15:56
Runde	2.00	12:27	6:13	42	3:32	123	5:14	8.00	49:36	6:12	10	5:29	84	21:10
Leichtathletikhalle	2.00	12:00	6:00	39	3:10	116	4:56	10.00	1:01:36	6:09	41	17:30	125	26:06