



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Philippus, Susanne

Club: SC Impuls Erfurt

Number: 960

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 54:25

Speed: 11.03 km/h

Running performance: 5:26 min/km

Rank in course/Total: 507 (of 686)

Rank in course/Women: 71 (of 143)

Best time in course: 35:30

Rank in category: 11(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	11:24	5:42	13	3:25	76	4:28	2.00	11:24	5:42	1	-	87	4:28
Runde	2.00	10:46	5:23	14	2:55	76	3:39	4.00	22:10	5:32	1	-	87	8:07
Runde	2.00	10:53	5:26	11	2:58	73	3:43	6.00	33:03	5:30	1	-	87	11:50
Runde	2.00	10:46	5:23	10	2:46	63	3:33	8.00	43:49	5:28	1	-	87	15:23
Leichtathletikhalle	2.00	10:36	5:17	10	2:40	67	3:32	10.00	54:25	5:26	11	14:44	71	18:55