



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Lein, Silke

Club: Wernigerode

Number: 1359

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 59:35

Speed: 10.07 km/h

Running performance: 5:58 min/km

Rank in course/Total: 620 (of 686)

Rank in course/Women: 113 (of 143)

Best time in course: 35:30

Rank in category: 38(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	12:21	6:10	37	3:43	117	5:25	2.00	12:21	6:10	6	1:05	90	5:25
Runde	2.00	11:37	5:48	34	2:54	107	4:30	4.00	23:58	5:59	6	2:02	90	9:55
Runde	2.00	11:47	5:53	37	3:05	109	4:37	6.00	35:45	5:57	6	2:55	90	14:32
Runde	2.00	11:58	5:59	38	3:03	108	4:45	8.00	47:43	5:57	6	3:36	90	19:17
Leichtathletikhalle	2.00	11:52	5:56	38	3:02	112	4:48	10.00	59:35	5:57	38	15:29	113	24:05