



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Wenzel, Heike

Club: GS Sonneborn

Number: 1146

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 55:35

Speed: 10.79 km/h

Running performance: 5:34 min/km

Rank in course/Total: 536 (of 686)

Rank in course/Women: 83 (of 143)

Best time in course: 35:30

Rank in category: 14(of 22)

Best time in the category: 39:41

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	11:27	5:43	14	3:28	77	4:31	2.00	11:27	5:43	11	0:03	36	4:31
Runde	2.00	10:41	5:20	13	2:50	73	3:34	4.00	22:08	5:31	11		91	8:05
Runde	2.00	10:56	5:28	14	3:01	78	3:46	6.00	33:04	5:30	11	0:01	48	11:51
Runde	2.00	11:14	5:36	14	3:14	80	4:01	8.00	44:18	5:32	11	0:29	91	15:52
Leichtathletikhalle	2.00	11:17	5:38	15	3:21	89	4:13	10.00	55:35	5:33	14	15:54	83	20:05