



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Pausch, Nancy

Club: Erfurt
Number: 1342

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Seniorinnen W30 (30-39 Jahre)

Total time: 59:28
Speed: 10.09 km/h
Running performance: 5:57 min/km
Rank in course/Total: 617 (of 686)
Rank in course/Women: 111 (of 143)
Best time in course: 35:30
Rank in category: 27(of 32)
Best time in the category: 40:27

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	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	12:08	6:03	29	4:55	107	5:12	2.00	12:08	6:03	8	0:20	94	5:12
Runde	2.00	11:26	5:43	24	3:31	99	4:19	4.00	23:34	5:53	8	1:00	52	9:31
Runde	2.00	11:50	5:55	27	3:36	112	4:40	6.00	35:24	5:53	8	2:04	94	14:11
Runde	2.00	12:08	6:03	26	3:36	113	4:55	8.00	47:32	5:56	7	0:11	94	19:06
Leichtathletikhalle	2.00	11:56	5:58	28	3:27	114	4:52	10.00	59:28	5:56	27	19:01	111	23:58