



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Levi, Susanne

Club: Mühlhausen

Number: 1303

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 57:38

Speed: 10.41 km/h

Running performance: 5:46 min/km

Rank in course/Total: 584 (of 686)

Rank in course/Women: 96 (of 143)

Best time in course: 35:30

Rank in category: 31(of 49)

Best time in the category: 44:06

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	12:27	6:13	38	3:49	119	5:31	2.00	12:27	6:13	8	1:11	95	5:31
Runde	2.00	11:44	5:51	37	3:01	113	4:37	4.00	24:11	6:02	8	2:15	95	10:08
Runde	2.00	11:47	5:53	37	3:05	109	4:37	6.00	35:58	5:59	8	3:08	73	14:45
Runde	2.00	11:28	5:44	32	2:33	93	4:15	8.00	47:26	5:55	8	3:19	95	19:00
Leichtathletikhalle	2.00	10:12	5:05	14	1:22	49	3:08	10.00	57:38	5:45	31	13:32	96	22:08