



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Held, Paula Marie

Club: Laufladen Erfurt

Number: 1084

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

weibliche Jugend U20 (18-19 Jahre)

Total time: 50:21

Speed: 11.92 km/h

Running performance: 5:02 min/km

Rank in course/Total: 348 (of 686)

Rank in course/Women: 34 (of 143)

Best time in course: 35:30

Rank in category: 2 (of 6)

Best time in the category: 48:07

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	10:34	5:16	2	0:08	45	3:38	2.00	10:34	5:16	4		96	3:38
Runde	2.00	9:56	4:58	2	0:16	34	2:49	4.00	20:30	5:07	4		63	6:27
Runde	2.00	10:02	5:00	2	0:36	35	2:52	6.00	30:32	5:05	4		65	9:19
Runde	2.00	10:09	5:04	2	0:41	39	2:56	8.00	40:41	5:05	4		96	12:15
Leichtathletikhalle	2.00	9:40	4:49	2	0:33	30	2:36	10.00	50:21	5:02	2	2:14	34	14:51