



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Rutschke, Maria

Club: Weimar

Number: 1391

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Frauen (20-29 Jahre)

Total time: 1:04:23

Speed: 9.32 km/h

Running performance: 6:26 min/km

Rank in course/Total: 662 (of 686)

Rank in course/Women: 134 (of 143)

Best time in course: 35:30

Rank in category: 28(of 31)

Best time in the category: 35:30

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	12:57	6:28	28	6:01	130	6:01	2.00	12:57	6:28	13	0:39	98	6:01
Runde	2.00	12:38	6:18	27	5:31	133	5:31	4.00	25:35	6:23	13	1:49	98	11:32
Runde	2.00	13:01	6:30	28	5:51	135	5:51	6.00	38:36	6:26	11	8:29	98	17:23
Runde	2.00	13:00	6:30	28	5:47	135	5:47	8.00	51:36	6:27	11	10:26	98	23:10
Leichtathletikhalle	2.00	12:47	6:23	28	5:43	134	5:43	10.00	1:04:23	6:26	28	28:53	134	28:53