



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Bechtloff, Mareike

Club: ATS Buntentor Bremen

Number: 917

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Frauen (20-29 Jahre)

Total time: 37:00

Speed: 16.22 km/h

Running performance: 3:42 min/km

Rank in course/Total: 20 (of 686)

Rank in course/Women: 3 (of 143)

Best time in course: 35:30

Rank in category: 3(of 31)

Best time in the category: 35:30

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	7:14	3:37	3	0:18	4	0:18	2.00	7:14	3:37	29		4	0:18
Runde	2.00	7:16	3:38	2	0:09	2	0:09	4.00	14:30	3:37	29		2	0:27
Runde	2.00	7:34	3:46	3	0:24	3	0:24	6.00	22:04	3:40	27		4	0:51
Runde	2.00	7:30	3:45	3	0:17	3	0:17	8.00	29:34	3:41	27		4	1:08
Leichtathletikhalle	2.00	7:26	3:43	3	0:22	3	0:22	10.00	37:00	3:42	3	1:30	3	1:30