



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hartwick, Katja

Club: Erfurt Nord Gymnastik e. V.

Number: 844

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 48:39

Speed: 12.33 km/h

Running performance: 4:52 min/km

Rank in course/Total: 280 (of 686)

Rank in course/Women: 26 (of 143)

Best time in course: 35:30

Rank in category: 6(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.	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	10:36	5:17	9	3:23	47	3:40	2.00	10:36	5:17	29		18	3:40
Runde	2.00	9:32	4:46	8	1:37	28	2:25	4.00	20:08	5:01	29		18	6:05
Runde	2.00	9:27	4:43	5	1:13	21	2:17	6.00	29:35	4:55	29		18	8:22
Runde	2.00	9:36	4:47	6	1:04	23	2:23	8.00	39:11	4:53	28		18	10:45
Leichtathletikhalle	2.00	9:28	4:44	6	0:59	24	2:24	10.00	48:39	4:51	6	8:12	26	13:09