



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Meyer, Katrin

Club: fat fighters / Bad Langensalza
Number: 1017

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 48:41

Speed: 12.32 km/h

Running performance: 4:52 min/km

Rank in course/Total: 282 (of 686)

Rank in course/Women: 27 (of 143)

Best time in course: 35:30

Rank in category: 7(of 32)

Best time in the category: 40:27

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	9:34	4:46	5	2:21	21	2:38	2.00	9:34	4:46	28		20	2:38
Runde	2.00	9:29	4:44	6	1:34	25	2:22	4.00	19:03	4:45	28		20	5:00
Runde	2.00	9:45	4:52	7	1:31	28	2:35	6.00	28:48	4:47	28		20	7:35
Runde	2.00	9:57	4:58	7	1:25	27	2:44	8.00	38:45	4:50	27		20	10:19
Leichtathletikhalle	2.00	9:56	4:58	10	1:27	34	2:52	10.00	48:41	4:52	7	8:14	27	13:11