



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Rotermund, Katja

Club: Arnsberg

Number: 1356

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 54:15

Speed: 11.06 km/h

Running performance: 5:25 min/km

Rank in course/Total: 497 (of 686)

Rank in course/Women: 68 (of 143)

Best time in course: 35:30

Rank in category: 24(of 49)

Best time in the category: 44:06

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	11:27	5:43	27	2:49	77	4:31	2.00	11:27	5:43	34	0:11	36	4:31
Runde	2.00	10:44	5:21	26	2:01	75	3:37	4.00	22:11	5:32	25	0:15	36	8:08
Runde	2.00	10:48	5:24	22	2:06	66	3:38	6.00	32:59	5:29	34	0:09	36	11:46
Runde	2.00	10:49	5:24	19	1:54	64	3:36	8.00	43:48	5:28	34		36	15:22
Leichtathletikhalle	2.00	10:27	5:13	19	1:37	59	3:23	10.00	54:15	5:25	24	10:09	68	18:45