



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Köhn, Katharina

Club: Marburg

Number: 1600

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Frauen (20-29 Jahre)

Total time: 57:02

Speed: 10.52 km/h

Running performance: 5:42 min/km

Rank in course/Total: 570 (of 686)

Rank in course/Women: 93 (of 143)

Best time in course: 35:30

Rank in category: 20(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	12:30	6:15	26	5:34	121	5:34	2.00	12:30	6:15	19	0:12	60	5:34
Runde	2.00	11:18	5:39	21	4:11	93	4:11	4.00	23:48	5:57	19	0:02	60	9:45
Runde	2.00	11:16	5:38	20	4:06	90	4:06	6.00	35:04	5:50	17	4:57	60	13:51
Runde	2.00	11:13	5:36	18	4:00	78	4:00	8.00	46:17	5:47	17	5:07	60	17:51
Leichtathletikhalle	2.00	10:45	5:22	17	3:41	69	3:41	10.00	57:02	5:42	20	21:32	93	21:32