



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Herbig, Kathrin

Club: LTV Erfurt

Number: 1447

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 53:48

Speed: 11.15 km/h

Running performance: 5:23 min/km

Rank in course/Total: 477 (of 686)

Rank in course/Women: 61 (of 143)

Best time in course: 35:30

Rank in category: 20(of 49)

Best time in the category: 44:06

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	10:51	5:25	18	2:13	54	3:55	2.00	10:51	5:25	3		86	3:55
Runde	2.00	10:28	5:14	19	1:45	60	3:21	4.00	21:19	5:19	3		86	7:16
Runde	2.00	10:49	5:24	23	2:07	67	3:39	6.00	32:08	5:21	3		49	10:55
Runde	2.00	10:53	5:26	20	1:58	65	3:40	8.00	43:01	5:22	3		86	14:35
Leichtathletikhalle	2.00	10:47	5:23	24	1:57	72	3:43	10.00	53:48	5:22	20	9:42	61	18:18