



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kallenbach, Susann

Club: Weimar

Number: 1477

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 47:32

Speed: 12.62 km/h

Running performance: 4:45 min/km

Rank in course/Total: 239 (of 686)

Rank in course/Women: 21 (of 143)

Best time in course: 35:30

Rank in category: 5(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	9:48	4:54	7	2:35	27	2:52	2.00	9:48	4:54	6		102	2:52
Runde	2.00	9:28	4:44	5	1:33	23	2:21	4.00	19:16	4:48	6		102	5:13
Runde	2.00	9:30	4:45	6	1:16	23	2:20	6.00	28:46	4:47	6		102	7:33
Runde	2.00	9:27	4:43	5	0:55	20	2:14	8.00	38:13	4:46	5		102	9:47
Leichtathletikhalle	2.00	9:19	4:39	5	0:50	21	2:15	10.00	47:32	4:45	5	7:05	21	12:02