



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Tschirschky, Katja

Club: LTV

Number: 1102

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 52:07

Speed: 11.51 km/h

Running performance: 5:13 min/km

Rank in course/Total: 421 (of 686)

Rank in course/Women: 52 (of 143)

Best time in course: 35:30

Rank in category: 15(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	10:58	5:29	20	2:20	56	4:02	2.00	10:58	5:29	11		26	4:02
Runde	2.00	10:08	5:03	10	1:25	45	3:01	4.00	21:06	5:16	11		104	7:03
Runde	2.00	10:16	5:08	12	1:34	50	3:06	6.00	31:22	5:13	11		104	10:09
Runde	2.00	10:23	5:11	13	1:28	48	3:10	8.00	41:45	5:13	11		104	13:19
Leichtathletikhalle	2.00	10:22	5:11	17	1:32	55	3:18	10.00	52:07	5:12	15	8:01	52	16:37