



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kolleng, Silke

Club: Gotha
Number: 1422

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Seniorinnen W40 (40-49 Jahre)

Total time: 56:56
Speed: 10.54 km/h
Running performance: 5:41 min/km
Rank in course/Total: 567 (of 686)
Rank in course/Women: 91 (of 143)
Best time in course: 35:30
Rank in category: 29(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	10:45	5:22	17	2:07	49	3:49	2.00	10:45	5:22	13		111	3:49
Runde	2.00	11:25	5:42	32	2:42	97	4:18	4.00	22:10	5:32	13	0:14	87	8:07
Runde	2.00	11:41	5:50	35	2:59	105	4:31	6.00	33:51	5:38	13	1:01	71	12:38
Runde	2.00	11:41	5:50	34	2:46	100	4:28	8.00	45:32	5:41	13	1:25	111	17:06
Leichtathletikhalle	2.00	11:24	5:42	33	2:34	95	4:20	10.00	56:56	5:41	29	12:50	91	21:26