



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Nitschke, Christiane

Club: Dresden

Number: 1020

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 1:00:45

Speed: 9.88 km/h

Running performance: 6:05 min/km

Rank in course/Total: 637 (of 686)

Rank in course/Women: 120 (of 143)

Best time in course: 35:30

Rank in category: 39(of 49)

Best time in the category: 44:06

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Pos	Cat.	Women				Cat.	Women	Cat.	Women
Runde	2.00	12:14	6:06	34	3:36	112	5:18	2.00	12:14	6:06	15	0:58	116	5:18
Runde	2.00	11:54	5:57	40	3:11	122	4:47	4.00	24:08	6:01	15	2:12	116	10:05
Runde	2.00	12:12	6:05	43	3:30	125	5:02	6.00	36:20	6:03	15	3:30	115	15:07
Runde	2.00	12:14	6:06	40	3:19	116	5:01	8.00	48:34	6:04	15	4:27	115	20:08
Leichtathletikhalle	2.00	12:11	6:05	41	3:21	125	5:07	10.00	1:00:45	6:04	39	16:39	120	25:15