



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hone, Katharina

Club: Erfurt

Number: 1068

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 1:03:54

Speed: 9.39 km/h

Running performance: 6:23 min/km

Rank in course/Total: 660 (of 686)

Rank in course/Women: 133 (of 143)

Best time in course: 35:30

Rank in category: 31(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	13:46	6:53	32	6:33	142	6:50	2.00	13:46	6:53	3	1:58	135	6:50
Runde	2.00	13:19	6:39	32	5:24	140	6:12	4.00	27:05	6:46	3	4:31	135	13:02
Runde	2.00	12:50	6:25	31	4:36	133	5:40	6.00	39:55	6:39	3	6:35	134	18:42
Runde	2.00	12:31	6:15	30	3:59	127	5:18	8.00	52:26	6:33	2	5:05	134	24:00
Leichtathletikhalle	2.00	11:28	5:44	22	2:59	100	4:24	10.00	1:03:54	6:23	31	23:27	133	28:24