



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Rudel-Klein, Mandy

Club: MLC Laufteam

Number: 875

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Frauen (20-29 Jahre)

Total time: 1:02:48

Speed: 9.55 km/h

Running performance: 6:17 min/km

Rank in course/Total: 655 (of 686)

Rank in course/Women: 130 (of 143)

Best time in course: 35:30

Rank in category: 26(of 31)

Best time in the category: 35:30

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	11:47	5:53	21	4:51	91	4:51	2.00	11:47	5:53	3		138	4:51
Runde	2.00	12:22	6:11	26	5:15	130	5:15	4.00	24:09	6:02	3	0:23	138	10:06
Runde	2.00	13:00	6:30	27	5:50	134	5:50	6.00	37:09	6:11	3	7:02	84	15:56
Runde	2.00	12:57	6:28	27	5:44	134	5:44	8.00	50:06	6:15	3	8:56	136	21:40
Leichtathletikhalle	2.00	12:42	6:20	27	5:38	132	5:38	10.00	1:02:48	6:16	26	27:18	130	27:18