



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Haußen, Catharina

Club: Erfurt

Number: 1140

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 52:01

Speed: 11.53 km/h

Running performance: 5:12 min/km

Rank in course/Total: 417 (of 686)

Rank in course/Women: 50 (of 143)

Best time in course: 35:30

Rank in category: 6(of 22)

Best time in the category: 39:41

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	10:11	5:05	5	2:12	34	3:15	2.00	10:11	5:05	2		142	3:15
Runde	2.00	10:13	5:06	7	2:22	50	3:06	4.00	20:24	5:05	2		142	6:21
Runde	2.00	10:31	5:15	8	2:36	58	3:21	6.00	30:55	5:09	2		140	9:42
Runde	2.00	10:37	5:18	8	2:37	56	3:24	8.00	41:32	5:11	2		44	13:06
Leichtathletikhalle	2.00	10:29	5:14	8	2:33	62	3:25	10.00	52:01	5:12	6	12:20	50	16:31