



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Dembeck, Katja

Club: Bad Langensalza

Number: 8

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Frauen (20-29 Jahre)

Total time: 26:43

Speed: 8.98 km/h

Running performance: 6:41 min/km

Rank in course/Total: 445 (of 477)

Rank in course/Women: 139 (of 162)

Best time in course: 14:18

Rank in category: 28(of 31)

Best time in the category: 14:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women	
								km	Time	min/km	Pos	Behind	Pos					Behind
Runde	2.00	13:09	6:34	27	6:07	136	6:07	2.00	13:09	6:34	14	0:43	69	6:01				
Leichtathletikhalle	2.00	13:34	6:46	28	6:18	142	6:18	4.00	26:43	6:40	28	12:25	140	12:25				