



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Ricard, Coline

Club: LG Göttingen

Number: 1379

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Frauen (20-29 Jahre)

Total time: 35:30

Speed: 16.90 km/h

Running performance: 3:33 min/km

Rank in course/Total: 11 (of 686)

Rank in course/Women: 1 (of 143)

Best time in course: 35:30

Rank in category: 1(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.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	6:56	3:28	1	-	1	-	2.00	6:56	3:28	17	-	1	-
Runde	2.00	7:07	3:33	1	-	1	-	4.00	14:03	3:30	17	-	1	-
Runde	2.00	7:10	3:35	1	-	1	-	6.00	21:13	3:32	16	-	1	-
Runde	2.00	7:13	3:36	1	-	1	-	8.00	28:26	3:33	16	-	1	-
Leichtathletikhalle	2.00	7:04	3:31	1	-	1	-	10.00	35:30	3:32	1	-	1	-