



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Gläser, Carolin

Club: Ausdauersportclub Apolda ACA

Number: 899

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Frauen (20-29 Jahre)

Total time: 36:42

Speed: 16.35 km/h

Running performance: 3:40 min/km

Rank in course/Total: 17 (of 686)

Rank in course/Women: 2 (of 143)

Best time in course: 35:30

Rank in category: 2(of 31)

Best time in the category: 35:30

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	7:10	3:35	2	0:14	2	0:14	2.00	7:10	3:35	31		2	0:14
Runde	2.00	7:20	3:39	3	0:13	3	0:13	4.00	14:30	3:37	29		2	0:27
Runde	2.00	7:23	3:41	2	0:13	2	0:13	6.00	21:53	3:38	29		2	0:40
Runde	2.00	7:26	3:43	2	0:13	2	0:13	8.00	29:19	3:39	29		2	0:53
Leichtathletikhalle	2.00	7:23	3:41	2	0:19	2	0:19	10.00	36:42	3:40	2	1:12	2	1:12