



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Robe, Karoline

Club: LFV Oberholz - lauftraining.com

Number: 1128

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Frauen (20-29 Jahre)

Total time: 38:07

Speed: 15.74 km/h

Running performance: 3:49 min/km

Rank in course/Total: 28 (of 686)

Rank in course/Women: 4 (of 143)

Best time in course: 35:30

Rank in category: 4(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	7:28	3:44	4	0:32	5	0:32	2.00	7:28	3:44	30		3	0:32
Runde	2.00	7:40	3:50	4	0:33	4	0:33	4.00	15:08	3:46	30		3	1:05
Runde	2.00	7:42	3:51	4	0:32	4	0:32	6.00	22:50	3:48	28		3	1:37
Runde	2.00	7:43	3:51	4	0:30	4	0:30	8.00	30:33	3:49	28		3	2:07
Leichtathletikhalle	2.00	7:34	3:46	4	0:30	4	0:30	10.00	38:07	3:48	4	2:37	4	2:37