



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Reinl, Anne - Katrin

Club: ASV Köln Triathlon

Number: 1370

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Frauen (20-29 Jahre)

Total time: 43:03

Speed: 13.94 km/h

Running performance: 4:18 min/km

Rank in course/Total: 98 (of 686)

Rank in course/Women: 9 (of 143)

Best time in course: 35:30

Rank in category: 5(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	8:55	4:27	7	1:59	14	1:59	2.00	8:55	4:27	28		9	1:59
Runde	2.00	8:31	4:15	5	1:24	9	1:24	4.00	17:26	4:21	28		9	3:23
Runde	2.00	8:29	4:14	5	1:19	8	1:19	6.00	25:55	4:19	26		9	4:42
Runde	2.00	8:38	4:18	5	1:25	8	1:25	8.00	34:33	4:19	26		9	6:07
Leichtathletikhalle	2.00	8:30	4:15	6	1:26	8	1:26	10.00	43:03	4:18	5	7:33	9	7:33