



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Rotermund, Katja

Club: Arnsberg

Number: 1356

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 54:15

Speed: 11.06 km/h

Running performance: 5:25 min/km

Rank in course/Total: 497 (of 686)

Rank in course/Women: 68 (of 143)

Best time in course: 35:30

Rank in category: 24(of 49)

Best time in the category: 44:06

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 | 11:27 | 5:43 | 27 | 2:49 | 77 | 4:31 | 2.00 | 11:27 | 5:43 | 34 | 0:11 | 36 | 4:31 |
| Runde | 2.00 | 10:44 | 5:21 | 26 | 2:01 | 75 | 3:37 | 4.00 | 22:11 | 5:32 | 25 | 0:15 | 36 | 8:08 |
| Runde | 2.00 | 10:48 | 5:24 | 22 | 2:06 | 66 | 3:38 | 6.00 | 32:59 | 5:29 | 34 | 0:09 | 36 | 11:46 |
| Runde | 2.00 | 10:49 | 5:24 | 19 | 1:54 | 64 | 3:36 | 8.00 | 43:48 | 5:28 | 34 | | 36 | 15:22 |
| Leichtathletikhalle | 2.00 | 10:27 | 5:13 | 19 | 1:37 | 59 | 3:23 | 10.00 | 54:15 | 5:25 | 24 | 10:09 | 68 | 18:45 |