



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Pudell, Katrin

Club: LTV Erfurt

Number: 1467

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 54:30

Speed: 11.01 km/h

Running performance: 5:27 min/km

Rank in course/Total: 510 (of 686)

Rank in course/Women: 73 (of 143)

Best time in course: 35:30

Rank in category: 12(of 22)

Best time in the category: 39:41

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	11:05	5:32	11	3:06	64	4:09	2.00	11:05	5:32	18		25	4:09
Runde	2.00	10:39	5:19	11	2:48	69	3:32	4.00	21:44	5:26	18		38	7:41
Runde	2.00	10:58	5:29	15	3:03	79	3:48	6.00	32:42	5:27	18		38	11:29
Runde	2.00	10:54	5:27	11	2:54	68	3:41	8.00	43:36	5:27	18		38	15:10
Leichtathletikhalle	2.00	10:54	5:27	12	2:58	79	3:50	10.00	54:30	5:27	12	14:49	73	19:00