



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Seidel, Katrin

Club: Leipzig

Number: 1200

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 55:29

Speed: 10.81 km/h

Running performance: 5:33 min/km

Rank in course/Total: 533 (of 686)

Rank in course/Women: 81 (of 143)

Best time in course: 35:30

Rank in category: 19(of 32)

Best time in the category: 40:27

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	11:12	5:35	15	3:59	70	4:16	2.00	11:12	5:35	20		48	4:16
Runde	2.00	10:53	5:26	19	2:58	81	3:46	4.00	22:05	5:31	20		48	8:02
Runde	2.00	10:59	5:29	17	2:45	81	3:49	6.00	33:04	5:30	20		48	11:51
Runde	2.00	11:13	5:36	17	2:41	78	4:00	8.00	44:17	5:32	19		48	15:51
Leichtathletikhalle	2.00	11:12	5:35	17	2:43	86	4:08	10.00	55:29	5:32	19	15:02	81	19:59