



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kermer, Rita

Club: Erfurt

Number: 1448

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 53:52

Speed: 11.14 km/h

Running performance: 5:23 min/km

Rank in course/Total: 480 (of 686)

Rank in course/Women: 63 (of 143)

Best time in course: 35:30

Rank in category: 21(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	10:39	5:19	16	2:01	48	3:43	2.00	10:39	5:19	41		49	3:43
Runde	2.00	10:39	5:19	23	1:56	69	3:32	4.00	21:18	5:19	41		49	7:15
Runde	2.00	10:50	5:25	24	2:08	71	3:40	6.00	32:08	5:21	3		49	10:55
Runde	2.00	10:56	5:28	23	2:01	69	3:43	8.00	43:04	5:23	41		30	14:38
Leichtathletikhalle	2.00	10:48	5:24	25	1:58	73	3:44	10.00	53:52	5:23	21	9:46	63	18:22