



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Pikarski, Jessica

Club: Oberheldrungen

Number: 1032

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 54:24

Speed: 11.03 km/h

Running performance: 5:26 min/km

Rank in course/Total: 505 (of 686)

Rank in course/Women: 70 (of 143)

Best time in course: 35:30

Rank in category: 16(of 32)

Best time in the category: 40:27

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	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	11:48	5:54	21	4:35	92	4:52	2.00	11:48	5:54	1	-	59	4:52
Runde	2.00	10:46	5:23	16	2:51	76	3:39	4.00	22:34	5:38	1	-	59	8:31
Runde	2.00	10:46	5:23	14	2:32	62	3:36	6.00	33:20	5:33	1	-	59	12:07
Runde	2.00	10:45	5:22	15	2:13	62	3:32	8.00	44:05	5:30	16		59	15:39
Leichtathletikhalle	2.00	10:19	5:09	14	1:50	54	3:15	10.00	54:24	5:26	16	13:57	70	18:54