



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kellermann, Grit

Club: TU Ilmenau

Number: 886

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Frauen (20-29 Jahre)

Total time: 51:11

Speed: 11.72 km/h

Running performance: 5:07 min/km

Rank in course/Total: 385 (of 686)

Rank in course/Women: 43 (of 143)

Best time in course: 35:30

Rank in category: 15(of 31)

Best time in the category: 35:30

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	10:03	5:01	13	3:07	31	3:07	2.00	10:03	5:01	18	-	65	3:07
Runde	2.00	9:58	4:59	15	2:51	36	2:51	4.00	20:01	5:00	18	-	66	5:58
Runde	2.00	10:06	5:02	15	2:56	40	2:56	6.00	30:07	5:01	1	-	66	8:54
Runde	2.00	11:03	5:31	16	3:50	72	3:50	8.00	41:10	5:08	1	-	66	12:44
Leichtathletikhalle	2.00	10:01	5:00	13	2:57	37	2:57	10.00	51:11	5:07	15	15:41	43	15:41