



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Tschida, Kathleen

Club: Sportteam Steinbach

Number: 924

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 56:45

Speed: 10.57 km/h

Running performance: 5:41 min/km

Rank in course/Total: 561 (of 686)

Rank in course/Women: 88 (of 143)

Best time in course: 35:30

Rank in category: 21(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	11:43	5:51	20	4:30	90	4:47	2.00	11:43	5:51	13		71	4:47
Runde	2.00	10:56	5:28	20	3:01	83	3:49	4.00	22:39	5:39	13	0:05	71	8:36
Runde	2.00	11:12	5:35	21	2:58	88	4:02	6.00	33:51	5:38	13	0:31	71	12:38
Runde	2.00	11:25	5:42	21	2:53	89	4:12	8.00	45:16	5:39	12		71	16:50
Leichtathletikhalle	2.00	11:29	5:44	23	3:00	101	4:25	10.00	56:45	5:40	21	16:18	88	21:15