



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

schuchardt, katrin

Club: walschleben

Number: 1351

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 1:00:13

Speed: 9.96 km/h

Running performance: 6:01 min/km

Rank in course/Total: 627 (of 686)

Rank in course/Women: 115 (of 143)

Best time in course: 35:30

Rank in category: 29(of 32)

Best time in the category: 40:27

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	11:55	5:57	23	4:42	99	4:59	2.00	11:55	5:57	11	0:07	72	4:59
Runde	2.00	11:50	5:55	29	3:55	119	4:43	4.00	23:45	5:56	7	1:11	78	9:42
Runde	2.00	12:07	6:03	29	3:53	122	4:57	6.00	35:52	5:58	11	2:32	78	14:39
Runde	2.00	12:15	6:07	27	3:43	117	5:02	8.00	48:07	6:00	10	0:46	72	19:41
Leichtathletikhalle	2.00	12:06	6:02	30	3:37	121	5:02	10.00	1:00:13	6:01	29	19:46	115	24:43