



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Lux, Kristina

Club: Tanzamis Margraf/Lux

Number: 1127

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Frauen (20-29 Jahre)

Total time: 1:03:20

Speed: 9.47 km/h

Running performance: 6:20 min/km

Rank in course/Total: 658 (of 686)

Rank in course/Women: 132 (of 143)

Best time in course: 35:30

Rank in category: 27(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	13:10	6:34	29	6:14	134	6:14	2.00	13:10	6:34	15	0:52	81	6:14
Runde	2.00	12:53	6:26	29	5:46	135	5:46	4.00	26:03	6:30	15	2:17	81	12:00
Runde	2.00	12:35	6:17	25	5:25	131	5:25	6.00	38:38	6:26	13	8:31	81	17:25
Runde	2.00	12:36	6:17	25	5:23	129	5:23	8.00	51:14	6:24	13	10:04	81	22:48
Leichtathletikhalle	2.00	12:06	6:02	25	5:02	121	5:02	10.00	1:03:20	6:20	27	27:50	132	27:50