



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Keltermann, Cornelia

Club: Windhunde Schwarzbach

Number: 885

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 56:55

Speed: 10.54 km/h

Running performance: 5:41 min/km

Rank in course/Total: 566 (of 686)

Rank in course/Women: 90 (of 143)

Best time in course: 35:30

Rank in category: 17(of 22)

Best time in the category: 39:41

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	11:32	5:46	15	3:33	84	4:36	2.00	11:32	5:46	13	0:08	83	4:36
Runde	2.00	11:12	5:35	17	3:21	91	4:05	4.00	22:44	5:41	13	0:34	83	8:41
Runde	2.00	11:16	5:38	17	3:21	90	4:06	6.00	34:00	5:40	13	0:57	83	12:47
Runde	2.00	11:31	5:45	16	3:31	94	4:18	8.00	45:31	5:41	13	1:42	83	17:05
Leichtathletikhalle	2.00	11:24	5:42	16	3:28	95	4:20	10.00	56:55	5:41	17	17:14	90	21:25