



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Herrling, Tina

Club: Elxleben

Number: 1392

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 57:15

Speed: 10.48 km/h

Running performance: 5:43 min/km

Rank in course/Total: 575 (of 686)

Rank in course/Women: 94 (of 143)

Best time in course: 35:30

Rank in category: 22(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	11:32	5:46	18	4:19	84	4:36	2.00	11:32	5:46	9		83	4:36
Runde	2.00	11:11	5:35	21	3:16	90	4:04	4.00	22:43	5:40	9	0:09	93	8:40
Runde	2.00	11:24	5:42	22	3:10	98	4:14	6.00	34:07	5:41	9	0:47	93	12:54
Runde	2.00	11:41	5:50	23	3:09	100	4:28	8.00	45:48	5:43	8		93	17:22
Leichtathletikhalle	2.00	11:27	5:43	21	2:58	99	4:23	10.00	57:15	5:43	22	16:48	94	21:45