



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schwarzer, Daniela

Club: Erfurt
Number: 1411

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Seniorinnen W50 (50-59 Jahre)

Total time: 1:01:29

Speed: 9.76 km/h
Running performance: 6:09 min/km

Rank in course/Total: 644 (of 686)

Rank in course/Women: 124 (of 143)

Best time in course: 35:30

Rank in category: 21(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	12:28	6:14	20	4:29	120	5:32	2.00	12:28	6:14	9	1:04	107	5:32
Runde	2.00	11:44	5:51	19	3:53	113	4:37	4.00	24:12	6:02	5	2:02	107	10:09
Runde	2.00	12:11	6:05	19	4:16	124	5:01	6.00	36:23	6:03	9	3:20	107	15:10
Runde	2.00	12:35	6:17	21	4:35	128	5:22	8.00	48:58	6:07	9	5:09	107	20:32
Leichtathletikhalle	2.00	12:31	6:15	21	4:35	129	5:27	10.00	1:01:29	6:08	21	21:48	124	25:59