



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schulz-Heinrich, Diana

Club: Elxleben

Number: 190

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 22:58

Speed: 10.45 km/h

Running performance: 5:44 min/km

Rank in course/Total: 326 (of 477)

Rank in course/Women: 85 (of 162)

Best time in course: 14:18

Rank in category: 10(of 21)

Best time in the category: 19:35

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	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	11:26	5:43	8	1:35	73	4:24	2.00	11:26	5:43	16		47	4:18
Leichtathletikhalle	2.00	11:32	5:46	11	1:48	98	4:16	4.00	22:58	5:44	10	3:23	86	8:40