



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schmidt, Daniela

Club: Olbersleben

Number: 970

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 40:27

Speed: 14.83 km/h

Running performance: 4:02 min/km

Rank in course/Total: 47 (of 686)

Rank in course/Women: 6 (of 143)

Best time in course: 35:30

Rank in category: 1(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	7:13	3:36	1	-	3	0:17	2.00	7:13	3:36	17		6	0:17
Runde	2.00	7:55	3:57	1	-	6	0:48	4.00	15:08	3:46	17		3	1:05
Runde	2.00	8:14	4:06	1	-	6	1:04	6.00	23:22	3:53	17		6	2:09
Runde	2.00	8:36	4:17	2	0:04	7	1:23	8.00	31:58	3:59	17		6	3:32
Leichtathletikhalle	2.00	8:29	4:14	1	-	6	1:25	10.00	40:27	4:02	1	-	6	4:57