



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schilling, Claudia

Club: Erfurt
Number: 674

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Seniorinnen W40 (40-49 Jahre)

Total time: 54:27

Speed: 11.02 km/h
Running performance: 5:26 min/km

Rank in course/Total: 508 (of 686)

Rank in course/Women: 72 (of 143)

Best time in course: 35:30

Rank in category: 25(of 49)

Best time in the category: 44:06

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	10:15	5:07	10	1:37	37	3:19	2.00	10:15	5:07	9		46	3:19
Runde	2.00	10:36	5:17	22	1:53	66	3:29	4.00	20:51	5:12	40		46	6:48
Runde	2.00	11:02	5:30	28	2:20	84	3:52	6.00	31:53	5:18	40		46	10:40
Runde	2.00	11:19	5:39	28	2:24	85	4:06	8.00	43:12	5:24	40		46	14:46
Leichtathletikhalle	2.00	11:15	5:37	30	2:25	88	4:11	10.00	54:27	5:26	25	10:21	72	18:57