



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Teschke, Claudia

Club: SV Empor Walschleben

Number: 1328

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 1:00:19

Speed: 9.95 km/h

Running performance: 6:02 min/km

Rank in course/Total: 628 (of 686)

Rank in course/Women: 116 (of 143)

Best time in course: 35:30

Rank in category: 30(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	11:55	5:57	23	4:42	99	4:59	2.00	11:55	5:57	11	0:07	72	4:59
Runde	2.00	11:49	5:54	28	3:54	116	4:42	4.00	23:44	5:56	12	1:10	72	9:41
Runde	2.00	12:07	6:03	29	3:53	122	4:57	6.00	35:51	5:58	12	2:31	72	14:38
Runde	2.00	12:16	6:08	28	3:44	119	5:03	8.00	48:07	6:00	10	0:46	72	19:41
Leichtathletikhalle	2.00	12:12	6:05	31	3:43	126	5:08	10.00	1:00:19	6:01	30	19:52	116	24:49