



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schillig, Ivonne

Club: Erfurt

Number: 1049

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 58:22

Speed: 10.28 km/h

Running performance: 5:50 min/km

Rank in course/Total: 595 (of 686)

Rank in course/Women: 102 (of 143)

Best time in course: 35:30

Rank in category: 24(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	12:03	6:01	27	4:50	104	5:07	2.00	12:03	6:01	7	0:15	52	5:07
Runde	2.00	11:42	5:50	27	3:47	112	4:35	4.00	23:45	5:56	7	1:11	78	9:42
Runde	2.00	11:28	5:44	23	3:14	99	4:18	6.00	35:13	5:52	7	1:53	62	14:00
Runde	2.00	11:49	5:54	24	3:17	106	4:36	8.00	47:02	5:52	6		97	18:36
Leichtathletikhalle	2.00	11:20	5:40	18	2:51	92	4:16	10.00	58:22	5:50	24	17:55	102	22:52