



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schwarzer, Daniela

Club: Erfurt
Number: 1411

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Seniorinnen W50 (50-59 Jahre)

Total time: 1:01:29

Speed: 9.76 km/h
Running performance: 6:09 min/km

Rank in course/Total: 644 (of 686)

Rank in course/Women: 124 (of 143)

Best time in course: 35:30

Rank in category: 21(of 22)

Best time in the category: 39:41

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
Runde	2.00	12:28	6:14	20	120	4:29	5:32	2.00	12:28	6:14	9	107	1:04	5:32
Runde	2.00	11:44	5:51	19	113	3:53	4:37	4.00	24:12	6:02	5	107	2:02	10:09
Runde	2.00	12:11	6:05	19	124	4:16	5:01	6.00	36:23	6:03	9	107	3:20	15:10
Runde	2.00	12:35	6:17	21	128	4:35	5:22	8.00	48:58	6:07	9	107	5:09	20:32
Leichtathletikhalle	2.00	12:31	6:15	21	129	4:35	5:27	10.00	1:01:29	6:08	21	124	21:48	25:59