



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Scheller, Ulrike

Club: Weimar

Number: 999

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 54:09

Speed: 11.08 km/h

Running performance: 5:25 min/km

Rank in course/Total: 491 (of 686)

Rank in course/Men: 426 (of 543)

Best time in course: 29:39

Rank in category: 113(of 136)

Best time in the category: 32:18

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 Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men | |
| Runde | 2.00 | 9:40 | 4:49 | 59 | 3:15 | 208 | 3:38 | 2.00 | 9:40 | 4:49 | 122 | 3:15 | 232 | 3:38 | |
| Runde | 2.00 | 10:31 | 5:15 | 113 | 3:59 | 416 | 4:34 | 4.00 | 20:11 | 5:02 | 67 | 7:14 | 242 | 8:12 | |
| Runde | 2.00 | 11:12 | 5:35 | 124 | 4:32 | 466 | 5:17 | 6.00 | 31:23 | 5:13 | 121 | 11:46 | 312 | 13:29 | |
| Runde | 2.00 | 11:44 | 5:51 | 127 | 5:16 | 487 | 5:49 | 8.00 | 43:07 | 5:23 | 121 | 17:02 | 283 | 19:18 | |
| Leichtathletikhalle | 2.00 | 11:02 | 5:30 | 118 | 4:49 | 452 | 5:12 | 10.00 | 54:09 | 5:24 | 113 | 21:51 | 426 | 24:30 | |