



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	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						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
Leichtathletikhaf	2.00	11:02	5:30	118	4:49	452	5:12	10.00	54:09	5:24	113	21:51	426	24:30