



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schulz-Heinrich, Diana

Club: Elxleben

Number: 190

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 22:58

Speed: 10.45 km/h

Running performance: 5:44 min/km

Rank in course/Total: 326 (of 477)

Rank in course/Women: 85 (of 162)

Best time in course: 14:18

Rank in category: 10(of 21)

Best time in the category: 19:35

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | | |
|---------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|------|
| | | | | | | Pos Women | Behind Women | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women | |
| Runde | 2.00 | 11:26 | 5:43 | 8 | 1:35 | 73 | 4:24 | 2.00 | 11:26 | 5:43 | 16 | | | 47 | 4:18 |
| Leichtathletikhalle | 2.00 | 11:32 | 5:46 | 11 | 1:48 | 98 | 4:16 | 4.00 | 22:58 | 5:44 | 10 | 3:23 | | 86 | 8:40 |