



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Fischer, Dagmar

Club: Bad Königshofen

Number: 1486

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 42:16

Speed: 14.20 km/h

Running performance: 4:14 min/km

Rank in course/Total: 76 (of 686)

Rank in course/Women: 8 (of 143)

Best time in course: 35:30

Rank in category: 3(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	8:32	4:15	3	1:19	8	1:36	2.00	8:32	4:15	32		7	1:36
Runde	2.00	8:17	4:08	3	0:22	8	1:10	4.00	16:49	4:12	32		7	2:46
Runde	2.00	8:25	4:12	2	0:11	7	1:15	6.00	25:14	4:12	32		7	4:01
Runde	2.00	8:32	4:15	1	-	6	1:19	8.00	33:46	4:13	31		7	5:20
Leichtathletikhalle	2.00	8:30	4:15	2	0:01	8	1:26	10.00	42:16	4:13	3	1:49	8	6:46