



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schiebold, Christine

Club: LTV Erfurt

Number: 988

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 45:27

Speed: 13.20 km/h

Running performance: 4:32 min/km

Rank in course/Total: 168 (of 686)

Rank in course/Women: 15 (of 143)

Best time in course: 35:30

Rank in category: 4(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	8:45	4:22	4	1:32	11	1:49	2.00	8:45	4:22	30		16	1:49
Runde	2.00	9:03	4:31	4	1:08	18	1:56	4.00	17:48	4:27	30		16	3:45
Runde	2.00	9:11	4:35	4	0:57	16	2:01	6.00	26:59	4:29	30		16	5:46
Runde	2.00	9:21	4:40	4	0:49	16	2:08	8.00	36:20	4:32	29		16	7:54
Leichtathletikhalle	2.00	9:07	4:33	4	0:38	15	2:03	10.00	45:27	4:32	4	5:00	15	9:57