



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Daniel, Franziska

Club: SSV 07 Schlotheim

Number: 939

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Frauen (20-29 Jahre)

Total time: 48:03

Speed: 12.49 km/h

Running performance: 4:48 min/km

Rank in course/Total: 254 (of 686)

Rank in course/Women: 23 (of 143)

Best time in course: 35:30

Rank in category: 11(of 31)

Best time in the category: 35:30

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	9:31	4:45	10	2:35	19	2:35	2.00	9:31	4:45	24		17	2:35
Runde	2.00	9:20	4:40	10	2:13	21	2:13	4.00	18:51	4:42	24		17	4:48
Runde	2.00	9:38	4:48	10	2:28	24	2:28	6.00	28:29	4:44	22		17	7:16
Runde	2.00	10:02	5:00	12	2:49	33	2:49	8.00	38:31	4:48	22		17	10:05
Leichtathletikhalle	2.00	9:32	4:46	12	2:28	26	2:28	10.00	48:03	4:48	11	12:33	23	12:33