



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

Schneider, Claudia

Club: Gerüstbau Schneider

Number: 888

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 58:44

Speed: 10.22 km/h

Running performance: 5:52 min/km

Rank in course/Total: 604 (of 686)

Rank in course/Women: 104 (of 143)

Best time in course: 35:30

Rank in category: 25(of 32)

Best time in the category: 40:27

### Intermediate times

### Stage score

### Total ranking

| Control             | Split<br>km | Split<br>Time | Split<br>min/km | Stage score |                |              |                 | Total ranking |               |                 |             |                |              |                 |
|---------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                     |             |               |                 | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Runde               | 2.00        | 11:33         | 5:46            | 19          | 4:20           | 86           | 4:37            | 2.00          | 11:33         | 5:46            | 19          |                | 51           | 4:37            |
| Runde               | 2.00        | 11:25         | 5:42            | 23          | 3:30           | 97           | 4:18            | 4.00          | 22:58         | 5:44            | 19          | 0:24           | 34           | 8:55            |
| Runde               | 2.00        | 11:39         | 5:49            | 25          | 3:25           | 103          | 4:29            | 6.00          | 34:37         | 5:46            | 19          | 1:17           | 51           | 13:24           |
| Runde               | 2.00        | 12:37         | 6:18            | 31          | 4:05           | 130          | 5:24            | 8.00          | 47:14         | 5:54            | 18          |                | 51           | 18:48           |
| Leichtathletikhalle | 2.00        | 11:30         | 5:45            | 24          | 3:01           | 102          | 4:26            | 10.00         | 58:44         | 5:52            | 25          | 18:17          | 104          | 23:14           |