



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	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	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	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