



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Anschütz-Thoms, Daniela

Club: ESC Erfurt

Number: 1151

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 56:15

Speed: 10.67 km/h

Running performance: 5:37 min/km

Rank in course/Total: 551 (of 686)

Rank in course/Women: 85 (of 143)

Best time in course: 35:30

Rank in category: 20(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	11:08	5:33	14	3:55	67	4:12	2.00	11:08	5:33	15		45	4:12
Runde	2.00	11:13	5:36	22	3:18	92	4:06	4.00	22:21	5:35	15		68	8:18
Runde	2.00	11:11	5:35	20	2:57	87	4:01	6.00	33:32	5:35	15	0:12	68	12:19
Runde	2.00	11:17	5:38	18	2:45	82	4:04	8.00	44:49	5:36	14		68	16:23
Leichtathletikhalle	2.00	11:26	5:43	20	2:57	98	4:22	10.00	56:15	5:37	20	15:48	85	20:45