



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Danz, Eva-Maria

Club: Eisenach

Number: 1325

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Frauen (20-29 Jahre)

Total time: 1:02:39

Speed: 9.58 km/h

Running performance: 6:16 min/km

Rank in course/Total: 651 (of 686)

Rank in course/Women: 128 (of 143)

Best time in course: 35:30

Rank in category: 25(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	13:30	6:45	30	6:34	139	6:34	2.00	13:30	6:45	14	1:12	82	6:34
Runde	2.00	12:41	6:20	28	5:34	134	5:34	4.00	26:11	6:32	14	2:25	82	12:08
Runde	2.00	12:37	6:18	26	5:27	132	5:27	6.00	38:48	6:27	12	8:41	82	17:35
Runde	2.00	12:30	6:15	24	5:17	126	5:17	8.00	51:18	6:24	12	10:08	82	22:52
Leichtathletikhalle	2.00	11:21	5:40	22	4:17	93	4:17	10.00	1:02:39	6:15	25	27:09	128	27:09