



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schildhauer, Manuela

Club: Erfurt
Number: 1142

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Seniorinnen W40 (40-49 Jahre)

Total time: 59:04
Speed: 10.16 km/h
Running performance: 5:55 min/km
Rank in course/Total: 609 (of 686)
Rank in course/Women: 107 (of 143)
Best time in course: 35:30
Rank in category: 36(of 49)
Best time in the category: 44:06

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	12:20	6:10	36	3:42	116	5:24	2.00	12:20	6:10	7	1:04	92	5:24
Runde	2.00	11:46	5:53	38	3:03	115	4:39	4.00	24:06	6:01	7	2:10	92	10:03
Runde	2.00	11:37	5:48	33	2:55	101	4:27	6.00	35:43	5:57	7	2:53	80	14:30
Runde	2.00	11:45	5:52	35	2:50	103	4:32	8.00	47:28	5:56	7	3:21	92	19:02
Leichtathletikhalle	2.00	11:36	5:47	37	2:46	110	4:32	10.00	59:04	5:54	36	14:58	107	23:34