



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Schilling, Claudia

Number: 1713

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 56:45

Speed: 10.57 km/h

Running performance: 5:41 min/km

Rank in course/Total: 475 (of 637)

Rank in course/Women: 70 (of 144)

Best time in course: 38:07

Rank in category: 23(of 45)

Best time in the category: 46:20

Intermediate times

Stage score

Total ranking

Control	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 Langstrec	2.00	11:19	5:39	18	1:38	59	3:59	2.00	11:19	5:39	17	0:22	124	3:59
Runde Langstrec	2.00	10:48	5:24	15	1:38	51	3:11	4.00	22:07	5:31	17	0:42	44	7:10
Runde Langstrec	2.00	11:15	5:37	21	2:01	69	3:29	6.00	33:22	5:33	17	2:43	124	10:39
Runde Langstrec	2.00	11:40	5:49	28	2:26	79	3:54	8.00	45:02	5:37	15	3:03	115	14:33
Leichtathletikh	2.00	11:43	5:51	32	2:44	92	4:05	10.00	56:45	5:40	23	10:25	70	18:38