



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Pleitz, Anja

Club: Erfurt

Number: 1221

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 58:26

Speed: 10.27 km/h

Running performance: 5:50 min/km

Rank in course/Total: 511 (of 637)

Rank in course/Women: 83 (of 144)

Best time in course: 38:07

Rank in category: 27(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	12:28	6:14	32	2:47	101	5:08	2.00	12:28	6:14	18	1:31	125	5:08
Runde Langstrec	2.00	11:38	5:48	29	2:28	93	4:01	4.00	24:06	6:01	18	2:41	125	9:09
Runde Langstrec	2.00	11:34	5:46	27	2:20	81	3:48	6.00	35:40	5:56	18	5:01	125	12:57
Runde Langstrec	2.00	11:37	5:48	25	2:23	74	3:51	8.00	47:17	5:54	16	5:18	116	16:48
Leichtathletikh	2.00	11:09	5:34	21	2:10	66	3:31	10.00	58:26	5:50	27	12:06	83	20:19