



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Hanl, Mandy

Club: Freeletics Erfurt

Number: 1487

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 1:02:58

Speed: 9.53 km/h

Running performance: 6:18 min/km

Rank in course/Total: 594 (of 637)

Rank in course/Women: 123 (of 144)

Best time in course: 38:07

Rank in category: 37(of 39)

Best time in the category: 38:07

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	12:42	6:20	32	5:22	108	5:22	2.00	12:42	6:20	17	3:08	105	5:22
Runde Langstrec	2.00	12:37	6:18	38	5:00	131	5:00	4.00	25:19	6:19	17	6:19	126	10:22
Runde Langstrec	2.00	12:44	6:21	37	4:58	123	4:58	6.00	38:03	6:20	12	9:42	104	15:20
Runde Langstrec	2.00	12:22	6:11	34	4:36	111	4:36	8.00	50:25	6:18	16	12:40	117	19:56
Leichtathletikh	2.00	12:33	6:16	36	4:55	120	4:55	10.00	1:02:58	6:17	37	24:51	123	24:51