



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Poller, Anette

Club: Laufladen Erfurt

Number: 1444

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 1:01:45

Speed: 9.72 km/h

Running performance: 6:11 min/km

Rank in course/Total: 580 (of 637)

Rank in course/Women: 115 (of 144)

Best time in course: 38:07

Rank in category: 16(of 25)

Best time in the category: 47:51

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	12:45	6:22	16	3:34	113	5:25	2.00	12:45	6:22	5		50	5:25
Runde Langstrec	2.00	12:00	6:00	12	2:34	106	4:23	4.00	24:45	6:11	5		50	9:48
Runde Langstrec	2.00	12:12	6:05	14	2:36	112	4:26	6.00	36:57	6:09	5		50	14:14
Runde Langstrec	2.00	12:24	6:12	15	2:35	112	4:38	8.00	49:21	6:10	4	0:21	50	18:52
Leichtathletikh	2.00	12:24	6:12	17	2:35	117	4:46	10.00	1:01:45	6:10	16	13:54	115	23:38