



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Dreißigacker, Kristin

Club: Solz

Number: 1509

Course: 10.00 km

Vintage VDB Lauf

Category:

Frauen (20-29 Jahre)

Total time: 49:57

Speed: 12.01 km/h

Running performance: 5:00 min/km

Rank in course/Total: 256 (of 637)

Rank in course/Women: 20 (of 144)

Best time in course: 38:07

Rank in category: 9(of 24)

Best time in the category: 42:00

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	11:36	5:47	14	3:09	70	4:16	2.00	11:36	5:47	6		42	4:16
Runde Langstrec	2.00	9:36	4:47	8	1:09	14	1:59	4.00	21:12	5:17	6		131	6:15
Runde Langstrec	2.00	9:36	4:47	7	1:15	14	1:50	6.00	30:48	5:08	6		131	8:05
Runde Langstrec	2.00	9:42	4:50	7	1:15	13	1:56	8.00	40:30	5:03	6		122	10:01
Leichtathletikh	2.00	9:27	4:43	7	1:09	13	1:49	10.00	49:57	4:59	9	7:57	20	11:50