



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Grebhahn, Barbara

Club: LTV Erfurt e.V

Number: 1193

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 50:41

Speed: 11.84 km/h

Running performance: 5:04 min/km

Rank in course/Total: 276 (of 637)

Rank in course/Women: 25 (of 144)

Best time in course: 38:07

Rank in category: 5(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	10:20	5:10	6	0:39	25	3:00	2.00	10:20	5:10	21		132	3:00
Runde Langstrec	2.00	10:07	5:03	6	0:57	29	2:30	4.00	20:27	5:06	21		132	5:30
Runde Langstrec	2.00	10:06	5:02	5	0:52	24	2:20	6.00	30:33	5:05	21		132	7:50
Runde Langstrec	2.00	10:04	5:01	5	0:50	21	2:18	8.00	40:37	5:04	19		123	10:08
Leichtathletikh	2.00	10:04	5:01	5	1:05	25	2:26	10.00	50:41	5:04	5	4:21	25	12:34