



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Gohles, Christine

Club: Helios Ironteam Erfurt

Number: 1029

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 1:17:50

Speed: 7.71 km/h

Running performance: 7:47 min/km

Rank in course/Total: 625 (of 637)

Rank in course/Women: 142 (of 144)

Best time in course: 38:07

Rank in category: 25(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	15:28	7:44	25	6:17	144	8:08	2.00	15:28	7:44	2	1:52	141	8:08
Runde Langstrec	2.00	15:22	7:41	25	5:56	144	7:45	4.00	30:50	7:42	2	4:07	141	15:53
Runde Langstrec	2.00	15:31	7:45	25	5:55	143	7:45	6.00	46:21	7:43	2	6:19	141	23:38
Runde Langstrec	2.00	15:36	7:47	25	5:47	142	7:50	8.00	1:01:57	7:44	25	12:57	142	31:28
Leichtathletikh	2.00	15:53	7:56	25	6:04	142	8:15	10.00	1:17:50	7:46	25	29:59	142	39:43