



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Vedder, Karin

Club: SV Sömmerda

Number: 156

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 23:37

Speed: 10.16 km/h

Running performance: 5:54 min/km

Rank in course/Total: 294 (of 446)

Rank in course/Women: 86 (of 168)

Best time in course: 13:59

Rank in category: 3(of 12)

Best time in the category: 22:38

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 Kurzstrecke	2.00	12:29	6:14	4	1:17	99	5:34	2.00	12:29	6:14	2		66	5:34
Leichtathletikhalle	2.00	11:08	5:33	1	-	62	4:04	4.00	23:37	5:54	3	0:59	86	9:38