



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Mey, Romy

Club: Annecy Haute Savoie Athletisme

Number: 1231

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 38:07

Speed: 15.74 km/h

Running performance: 3:49 min/km

Rank in course/Total: 23 (of 637)

Rank in course/Women: 1 (of 144)

Best time in course: 38:07

Rank in category: 1(of 39)

Best time in the category: 38:07

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	7:20	3:39	1	-	1	-	2.00	7:20	3:39	31		1	-
Runde Langstrec	2.00	7:37	3:48	1	-	1	-	4.00	14:57	3:44	31		1	-
Runde Langstrec	2.00	7:46	3:53	1	-	1	-	6.00	22:43	3:47	31		1	-
Runde Langstrec	2.00	7:46	3:53	1	-	1	-	8.00	30:29	3:48	29		1	-
Leichtathletikh	2.00	7:38	3:49	1	-	1	-	10.00	38:07	3:48	1	-	1	-