



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Heinrich, Maria

Club: SV 1885 Teutschenthal e.V.

Number: 1391

Course: 10.00 km

Vintage VDB Lauf

Category:

Frauen (20-29 Jahre)

Total time: 42:00

Speed: 14.29 km/h

Running performance: 4:12 min/km

Rank in course/Total: 62 (of 637)

Rank in course/Women: 2 (of 144)

Best time in course: 38:07

Rank in category: 1(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	8:27	4:13	1	-	3	1:07	2.00	8:27	4:13	13		2	1:07
Runde Langstrec	2.00	8:27	4:13	1	-	2	0:50	4.00	16:54	4:13	13		2	1:57
Runde Langstrec	2.00	8:21	4:10	1	-	2	0:35	6.00	25:15	4:12	13		2	2:32
Runde Langstrec	2.00	8:27	4:13	1	-	2	0:41	8.00	33:42	4:12	12		2	3:13
Leichtathletikh	2.00	8:18	4:09	1	-	2	0:40	10.00	42:00	4:12	1	-	2	3:53