



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Gießmann, Andrea

Club: LTV Erfurt

Number: 1519

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 47:37

Speed: 12.60 km/h

Running performance: 4:46 min/km

Rank in course/Total: 193 (of 637)

Rank in course/Women: 12 (of 144)

Best time in course: 38:07

Rank in category: 4(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	9:43	4:51	6	2:23	15	2:23	2.00	9:43	4:51	24	0:09	8	2:23
Runde Langstrec	2.00	9:40	4:49	5	2:03	16	2:03	4.00	19:23	4:50	24	0:23	12	4:26
Runde Langstrec	2.00	9:29	4:44	4	1:43	10	1:43	6.00	28:52	4:48	24	0:31	12	6:09
Runde Langstrec	2.00	9:25	4:42	4	1:39	11	1:39	8.00	38:17	4:47	23	0:32	12	7:48
Leichtathletikh	2.00	9:20	4:40	4	1:42	12	1:42	10.00	47:37	4:45	4	9:30	12	9:30