



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Niemann, Britta

Club: Utzberg

Number: 1489

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 50:45

Speed: 11.82 km/h

Running performance: 5:05 min/km

Rank in course/Total: 279 (of 637)

Rank in course/Women: 26 (of 144)

Best time in course: 38:07

Rank in category: 9(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	10:34	5:16	12	3:14	32	3:14	2.00	10:34	5:16	26	1:00	14	3:14
Runde Langstrec	2.00	10:02	5:00	9	2:25	27	2:25	4.00	20:36	5:09	26	1:36	14	5:39
Runde Langstrec	2.00	10:01	5:00	7	2:15	22	2:15	6.00	30:37	5:06	26	2:16	14	7:54
Runde Langstrec	2.00	10:09	5:04	7	2:23	24	2:23	8.00	40:46	5:05	25	3:01	14	10:17
Leichtathletikh	2.00	9:59	4:59	6	2:21	24	2:21	10.00	50:45	5:04	9	12:38	26	12:38