



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Rohr, Christina

Club: Heidelberg

Number: 1007

Course: 10.00 km

Vintage VDB Lauf

Category:

Frauen (20-29 Jahre)

Total time: 49:11

Speed: 12.20 km/h

Running performance: 4:55 min/km

Rank in course/Total: 235 (of 637)

Rank in course/Women: 16 (of 144)

Best time in course: 38:07

Rank in category: 8(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	11:21	5:40	12	2:54	61	4:01	2.00	11:21	5:40	21		15	4:01
Runde Langstrec	2.00	9:46	4:53	9	1:19	20	2:09	4.00	21:07	5:16	21		15	6:10
Runde Langstrec	2.00	9:27	4:43	5	1:06	9	1:41	6.00	30:34	5:05	21		15	7:51
Runde Langstrec	2.00	9:18	4:39	5	0:51	8	1:32	8.00	39:52	4:59	20		15	9:23
Leichtathletikh	2.00	9:19	4:39	6	1:01	10	1:41	10.00	49:11	4:55	8	7:11	16	11:04