



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Voigtmann, Sandra

Club: Amt Wachsenburg OT Ichtershausen
Number: 1023

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 58:13

Speed: 10.31 km/h

Running performance: 5:49 min/km

Rank in course/Total: 509 (of 637)

Rank in course/Women: 82 (of 144)

Best time in course: 38:07

Rank in category: 26(of 45)

Best time in the category: 46:20

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	11:11	5:35	17	1:30	56	3:51	2.00	11:11	5:35	27	0:14	24	3:51
Runde Langstrec	2.00	11:18	5:39	24	2:08	75	3:41	4.00	22:29	5:37	27	1:04	24	7:32
Runde Langstrec	2.00	11:50	5:55	32	2:36	97	4:04	6.00	34:19	5:43	26	3:40	24	11:36
Runde Langstrec	2.00	11:53	5:56	32	2:39	89	4:07	8.00	46:12	5:46	24	4:13	24	15:43
Leichtathletikh	2.00	12:01	6:00	36	3:02	103	4:23	10.00	58:13	5:49	26	11:53	82	20:06