



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Tschirschky, Katja

Club: LTV Erfurt

Number: 1463

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 54:20

Speed: 11.04 km/h

Running performance: 5:26 min/km

Rank in course/Total: 389 (of 637)

Rank in course/Women: 44 (of 144)

Best time in course: 38:07

Rank in category: 13(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	11:22	5:41	19	1:41	62	4:02	2.00	11:22	5:41	28	0:25	25	4:02
Runde Langstrec	2.00	10:39	5:19	12	1:29	45	3:02	4.00	22:01	5:30	28	0:36	25	7:04
Runde Langstrec	2.00	10:43	5:21	10	1:29	41	2:57	6.00	32:44	5:27	27	2:05	25	10:01
Runde Langstrec	2.00	10:52	5:26	14	1:38	44	3:06	8.00	43:36	5:27	25	1:37	25	13:07
Leichtathletikh	2.00	10:44	5:21	14	1:45	49	3:06	10.00	54:20	5:26	13	8:00	44	16:13