



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Rieder, Susann

Number: 1676

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 54:46

Speed: 10.96 km/h

Running performance: 5:29 min/km

Rank in course/Total: 407 (of 637)

Rank in course/Women: 50 (of 144)

Best time in course: 38:07

Rank in category: 14(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	11:01	5:30	15	1:20	50	3:41	2.00	11:01	5:30	3	0:04	26	3:41
Runde Langstrec	2.00	10:49	5:24	16	1:39	52	3:12	4.00	21:50	5:27	29	0:25	26	6:53
Runde Langstrec	2.00	11:01	5:30	16	1:47	55	3:15	6.00	32:51	5:28	28	2:12	26	10:08
Runde Langstrec	2.00	11:14	5:36	20	2:00	59	3:28	8.00	44:05	5:30	26	2:06	26	13:36
Leichtathletikh	2.00	10:41	5:20	13	1:42	47	3:03	10.00	54:46	5:28	14	8:26	50	16:39