



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Fieker, Annett

Club: SSV Erfurt 02 e.V.

Number: 1290

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 53:46

Speed: 11.16 km/h

Running performance: 5:23 min/km

Rank in course/Total: 372 (of 637)

Rank in course/Women: 41 (of 144)

Best time in course: 38:07

Rank in category: 11(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	10:38	5:18	10	0:57	34	3:18	2.00	10:38	5:18	9		27	3:18
Runde Langstrec	2.00	10:36	5:17	11	1:26	44	2:59	4.00	21:14	5:18	30		27	6:17
Runde Langstrec	2.00	10:46	5:23	12	1:32	43	3:00	6.00	32:00	5:19	29	1:21	27	9:17
Runde Langstrec	2.00	10:55	5:27	15	1:41	47	3:09	8.00	42:55	5:21	27	0:56	27	12:26
Leichtathletikh	2.00	10:51	5:25	17	1:52	56	3:13	10.00	53:46	5:22	11	7:26	41	15:39