



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Trautmann, Katrin

Club: Mühlhausen

Number: 1066

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 57:49

Speed: 10.38 km/h

Running performance: 5:47 min/km

Rank in course/Total: 496 (of 637)

Rank in course/Women: 78 (of 144)

Best time in course: 38:07

Rank in category: 25(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	12:43	6:21	34	3:02	110	5:23	2.00	12:43	6:21	32	1:46	30	5:23
Runde Langstrec	2.00	11:21	5:40	25	2:11	78	3:44	4.00	24:04	6:00	32	2:39	30	9:07
Runde Langstrec	2.00	11:18	5:39	23	2:04	72	3:32	6.00	35:22	5:53	31	4:43	30	12:39
Runde Langstrec	2.00	11:23	5:41	21	2:09	67	3:37	8.00	46:45	5:50	29	4:46	30	16:16
Leichtathletikh	2.00	11:04	5:31	19	2:05	61	3:26	10.00	57:49	5:46	25	11:29	78	19:42