



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Meisel, Monique

Club: Meiningen

Number: 1558

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 58:12

Speed: 10.31 km/h

Running performance: 5:49 min/km

Rank in course/Total: 508 (of 637)

Rank in course/Women: 81 (of 144)

Best time in course: 38:07

Rank in category: 27(of 39)

Best time in the category: 38:07

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	10:41	5:20	15	3:21	37	3:21	2.00	10:41	5:20	34	1:07	32	3:21
Runde Langstrec	2.00	11:34	5:46	30	3:57	88	3:57	4.00	22:15	5:33	34	3:15	32	7:18
Runde Langstrec	2.00	12:02	6:00	32	4:16	107	4:16	6.00	34:17	5:42	34	5:56	32	11:34
Runde Langstrec	2.00	12:16	6:08	33	4:30	110	4:30	8.00	46:33	5:49	33	8:48	32	16:04
Leichtathletikh	2.00	11:39	5:49	25	4:01	87	4:01	10.00	58:12	5:49	27	20:05	81	20:05