



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Werner, Kathleen

Number: 1644

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 56:54

Speed: 10.54 km/h

Running performance: 5:41 min/km

Rank in course/Total: 481 (of 637)

Rank in course/Women: 71 (of 144)

Best time in course: 38:07

Rank in category: 22(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	11:20	5:40	24	4:00	60	4:00	2.00	11:20	5:40	36	1:46	35	4:00
Runde Langstrec	2.00	11:14	5:36	23	3:37	74	3:37	4.00	22:34	5:38	36	3:34	35	7:37
Runde Langstrec	2.00	11:26	5:43	23	3:40	76	3:40	6.00	34:00	5:40	36	5:39	35	11:17
Runde Langstrec	2.00	11:32	5:46	20	3:46	71	3:46	8.00	45:32	5:41	8	7:47	35	15:03
Leichtathletikh	2.00	11:22	5:41	22	3:44	81	3:44	10.00	56:54	5:41	22	18:47	71	18:47