



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Riegler, Susann

Club: Gotha

Number: 1668

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 58:58

Speed: 10.18 km/h

Running performance: 5:54 min/km

Rank in course/Total: 530 (of 637)

Rank in course/Women: 89 (of 144)

Best time in course: 38:07

Rank in category: 29(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	12:14	6:06	28	2:33	92	4:54	2.00	12:14	6:06	33	1:17	36	4:54
Runde Langstrec	2.00	11:42	5:50	32	2:32	97	4:05	4.00	23:56	5:59	33	2:31	36	8:59
Runde Langstrec	2.00	11:40	5:49	28	2:26	85	3:54	6.00	35:36	5:56	32	4:57	36	12:53
Runde Langstrec	2.00	11:42	5:50	30	2:28	82	3:56	8.00	47:18	5:54	30	5:19	36	16:49
Leichtathletikh	2.00	11:40	5:49	30	2:41	88	4:02	10.00	58:58	5:53	29	12:38	89	20:51