



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Both, Susan

Club: Laufiebe

Number: 1650

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 1:00:12

Speed: 9.97 km/h

Running performance: 6:01 min/km

Rank in course/Total: 560 (of 637)

Rank in course/Women: 103 (of 144)

Best time in course: 38:07

Rank in category: 32(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	12:26	6:13	30	5:06	100	5:06	2.00	12:26	6:13	37	2:52	37	5:06
Runde Langstrec	2.00	11:41	5:50	32	4:04	96	4:04	4.00	24:07	6:01	37	5:07	37	9:10
Runde Langstrec	2.00	11:56	5:58	31	4:10	101	4:10	6.00	36:03	6:00	37	7:42	37	13:20
Runde Langstrec	2.00	12:08	6:03	30	4:22	99	4:22	8.00	48:11	6:01	36	10:26	37	17:42
Leichtathletikh	2.00	12:01	6:00	30	4:23	103	4:23	10.00	1:00:12	6:01	32	22:05	103	22:05