



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Ratzlow, Cordula

Club: Kath. Laufjugend Arnstadt

Number: 1128

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 1:02:34

Speed: 9.59 km/h

Running performance: 6:16 min/km

Rank in course/Total: 591 (of 637)

Rank in course/Women: 121 (of 144)

Best time in course: 38:07

Rank in category: 19(of 25)

Best time in the category: 47:51

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	13:00	6:30	19	3:49	122	5:40	2.00	13:00	6:30	24		40	5:40
Runde Langstrec	2.00	12:15	6:07	18	2:49	121	4:38	4.00	25:15	6:18	24		40	10:18
Runde Langstrec	2.00	12:44	6:21	19	3:08	123	4:58	6.00	37:59	6:19	24		40	15:16
Runde Langstrec	2.00	12:25	6:12	17	2:36	114	4:39	8.00	50:24	6:17	22	1:24	40	19:55
Leichtathletikh	2.00	12:10	6:04	16	2:21	110	4:32	10.00	1:02:34	6:15	19	14:43	121	24:27