



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kafurke, Jana

Club: Erfurt

Number: 1454

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 56:29

Speed: 10.62 km/h

Running performance: 5:39 min/km

Rank in course/Total: 460 (of 637)

Rank in course/Women: 67 (of 144)

Best time in course: 38:07

Rank in category: 22(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	11:36	5:47	22	1:55	70	4:16	2.00	11:36	5:47	34	0:39	42	4:16
Runde Langstrec	2.00	10:52	5:26	17	1:42	56	3:15	4.00	22:28	5:36	34	1:03	42	7:31
Runde Langstrec	2.00	11:13	5:36	20	1:59	67	3:27	6.00	33:41	5:36	33	3:02	34	10:58
Runde Langstrec	2.00	11:11	5:35	19	1:57	58	3:25	8.00	44:52	5:36	31	2:53	42	14:23
Leichtathletikh	2.00	11:37	5:48	29	2:38	86	3:59	10.00	56:29	5:38	22	10:09	67	18:22