



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Grosser, Regine

Number: 1708

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 59:34

Speed: 10.07 km/h

Running performance: 5:58 min/km

Rank in course/Total: 547 (of 637)

Rank in course/Women: 96 (of 144)

Best time in course: 38:07

Rank in category: 32(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	11:33	5:46	21	1:52	67	4:13	2.00	11:33	5:46	24	0:36	49	4:13
Runde Langstrec	2.00	11:42	5:50	32	2:32	97	4:05	4.00	23:15	5:48	24	1:50	49	8:18
Runde Langstrec	2.00	11:56	5:58	35	2:42	101	4:10	6.00	35:11	5:51	23	4:32	49	12:28
Runde Langstrec	2.00	12:09	6:04	37	2:55	102	4:23	8.00	47:20	5:55	32	5:21	49	16:51
Leichtathletikh	2.00	12:14	6:06	37	3:15	114	4:36	10.00	59:34	5:57	32	13:14	96	21:27