



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

Sieber-Held, Anke

Club: SSV ERFURT 02

Number: 1725

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 59:35

Speed: 10.07 km/h

Running performance: 5:58 min/km

Rank in course/Total: 548 (of 637)

Rank in course/Women: 97 (of 144)

Best time in course: 38:07

Rank in category: 33(of 45)

Best time in the category: 46:20

## Intermediate times

## Stage score

## Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
| Runde Langstrec | 2.00        | 12:00         | 6:00            | 25          | 2:19           | 85           | 4:40            | 2.00        | 12:00         | 6:00            | 39          | 1:03           | 59           | 4:40            |
| Runde Langstrec | 2.00        | 11:38         | 5:48            | 29          | 2:28           | 93           | 4:01            | 4.00        | 23:38         | 5:54            | 39          | 2:13           | 59           | 8:41            |
| Runde Langstrec | 2.00        | 12:00         | 6:00            | 36          | 2:46           | 106          | 4:14            | 6.00        | 35:38         | 5:56            | 38          | 4:59           | 59           | 12:55           |
| Runde Langstrec | 2.00        | 12:07         | 6:03            | 35          | 2:53           | 98           | 4:21            | 8.00        | 47:45         | 5:58            | 36          | 5:46           | 59           | 17:16           |
| Leichtathletikh | 2.00        | 11:50         | 5:55            | 33          | 2:51           | 98           | 4:12            | 10.00       | 59:35         | 5:57            | 33          | 13:15          | 97           | 21:28           |