



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Liebelt, Kathrin

Club: SV 90 Nordhausen Triathlon

Number: 1458

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 59:18

Speed: 10.12 km/h

Running performance: 5:56 min/km

Rank in course/Total: 536 (of 637)

Rank in course/Women: 91 (of 144)

Best time in course: 38:07

Rank in category: 30(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	11:10	5:34	22	3:50	55	3:50	2.00	11:10	5:34	5	1:36	60	3:50
Runde Langstrec	2.00	11:52	5:56	33	4:15	104	4:15	4.00	23:02	5:45	5	4:02	60	8:05
Runde Langstrec	2.00	12:03	6:01	33	4:17	108	4:17	6.00	35:05	5:50	5	6:44	60	12:22
Runde Langstrec	2.00	12:10	6:04	31	4:24	103	4:24	8.00	47:15	5:54	5	9:30	60	16:46
Leichtathletikh	2.00	12:03	6:01	32	4:25	106	4:25	10.00	59:18	5:55	30	21:11	91	21:11