



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Treflich, Susanne

Club: Ichtershausen

Number: 1130

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 1:02:34

Speed: 9.59 km/h

Running performance: 6:16 min/km

Rank in course/Total: 592 (of 637)

Rank in course/Women: 121 (of 144)

Best time in course: 38:07

Rank in category: 36(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	13:00	6:30	36	5:40	122	5:40	2.00	13:00	6:30	6	3:26	40	5:40
Runde Langstrec	2.00	12:14	6:06	36	4:37	119	4:37	4.00	25:14	6:18	6	6:14	63	10:17
Runde Langstrec	2.00	12:45	6:22	38	4:59	125	4:59	6.00	37:59	6:19	6	9:38	40	15:16
Runde Langstrec	2.00	12:25	6:12	35	4:39	114	4:39	8.00	50:24	6:17	6	12:39	40	19:55
Leichtathletikh	2.00	12:10	6:04	33	4:32	110	4:32	10.00	1:02:34	6:15	36	24:27	121	24:27