



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Levi, Susanne

Club: Mühlhausen

Number: 1549

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 56:28

Speed: 10.63 km/h

Running performance: 5:39 min/km

Rank in course/Total: 459 (of 637)

Rank in course/Women: 65 (of 144)

Best time in course: 38:07

Rank in category: 21(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	12:22	6:11	30	2:41	94	5:02	2.00	12:22	6:11	20	1:25	33	5:02
Runde Langstrec	2.00	11:06	5:32	20	1:56	62	3:29	4.00	23:28	5:51	42	2:03	66	8:31
Runde Langstrec	2.00	11:05	5:32	17	1:51	59	3:19	6.00	34:33	5:45	41	3:54	66	11:50
Runde Langstrec	2.00	11:08	5:33	17	1:54	54	3:22	8.00	45:41	5:42	39	3:42	66	15:12
Leichtathletikh	2.00	10:47	5:23	15	1:48	52	3:09	10.00	56:28	5:38	21	10:08	65	18:21