



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Hillhof, Ute

Club: ASV Erfurt

Number: 1642

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 1:00:10

Speed: 9.97 km/h

Running performance: 6:01 min/km

Rank in course/Total: 559 (of 637)

Rank in course/Women: 102 (of 144)

Best time in course: 38:07

Rank in category: 12(of 25)

Best time in the category: 47:51

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	12:48	6:24	18	3:37	117	5:28	2.00	12:48	6:24	21		67	5:28
Runde Langstrec	2.00	12:06	6:02	15	2:40	114	4:29	4.00	24:54	6:13	21		67	9:57
Runde Langstrec	2.00	11:57	5:58	13	2:21	103	4:11	6.00	36:51	6:08	21		67	14:08
Runde Langstrec	2.00	11:51	5:55	11	2:02	87	4:05	8.00	48:42	6:05	19		43	18:13
Leichtathletikh	2.00	11:28	5:44	10	1:39	84	3:50	10.00	1:00:10	6:00	12	12:19	102	22:03