



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Zelle, Monique

Club: Dream Team Ilmenau

Number: 1218

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 52:09

Speed: 11.51 km/h

Running performance: 5:13 min/km

Rank in course/Total: 319 (of 637)

Rank in course/Women: 33 (of 144)

Best time in course: 38:07

Rank in category: 8(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	10:06	5:02	4	0:25	23	2:46	2.00	10:06	5:02	43		69	2:46
Runde Langstrec	2.00	10:16	5:08	9	1:06	38	2:39	4.00	20:22	5:05	43		69	5:25
Runde Langstrec	2.00	10:35	5:17	9	1:21	40	2:49	6.00	30:57	5:09	42	0:18	69	8:14
Runde Langstrec	2.00	10:48	5:24	12	1:34	42	3:02	8.00	41:45	5:13	21		69	11:16
Leichtathletikh	2.00	10:24	5:12	10	1:25	37	2:46	10.00	52:09	5:12	8	5:49	33	14:02