



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Rudolph, Peggy

Club: Erfurt

Number: 1202

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 55:01

Speed: 10.91 km/h

Running performance: 5:30 min/km

Rank in course/Total: 422 (of 637)

Rank in course/Women: 53 (of 144)

Best time in course: 38:07

Rank in category: 16(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	12:06	6:02	26	2:25	88	4:46	2.00	12:06	6:02	15	1:09	70	4:46
Runde Langstrec	2.00	11:03	5:31	19	1:53	61	3:26	4.00	23:09	5:47	5	1:44	70	8:12
Runde Langstrec	2.00	10:56	5:28	15	1:42	49	3:10	6.00	34:05	5:40	43	3:26	70	11:22
Runde Langstrec	2.00	10:45	5:22	9	1:31	39	2:59	8.00	44:50	5:36	40	2:51	70	14:21
Leichtathletikh	2.00	10:11	5:05	6	1:12	27	2:33	10.00	55:01	5:30	16	8:41	53	16:54