



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Scheunmann, Sandy

Club: ILB-Graakjaer

Number: 1578

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 1:02:23

Speed: 9.62 km/h

Running performance: 6:14 min/km

Rank in course/Total: 588 (of 637)

Rank in course/Women: 120 (of 144)

Best time in course: 38:07

Rank in category: 39(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	11:23	5:41	20	1:42	63	4:03	2.00	11:23	5:41	13	0:26	72	4:03
Runde Langstrec	2.00	12:04	6:01	37	2:54	111	4:27	4.00	23:27	5:51	13	2:02	72	8:30
Runde Langstrec	2.00	12:54	6:27	41	3:40	130	5:08	6.00	36:21	6:03	12	5:42	72	13:38
Runde Langstrec	2.00	13:01	6:30	39	3:47	125	5:15	8.00	49:22	6:10	11	7:23	72	18:53
Leichtathletikh	2.00	13:01	6:30	41	4:02	129	5:23	10.00	1:02:23	6:14	39	16:03	120	24:16