



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Ihlefeld, Yvonne

Club: Baldur auf Tour

Number: 1528

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 56:14

Speed: 10.67 km/h

Running performance: 5:37 min/km

Rank in course/Total: 449 (of 637)

Rank in course/Women: 62 (of 144)

Best time in course: 38:07

Rank in category: 18(of 39)

Best time in the category: 38:07

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	12:24	6:12	29	5:04	99	5:04	2.00	12:24	6:12	8	2:50	73	5:04
Runde Langstrec	2.00	11:10	5:34	22	3:33	71	3:33	4.00	23:34	5:53	8	4:34	73	8:37
Runde Langstrec	2.00	11:00	5:30	15	3:14	53	3:14	6.00	34:34	5:45	8	6:13	73	11:51
Runde Langstrec	2.00	10:58	5:29	15	3:12	49	3:12	8.00	45:32	5:41	8	7:47	35	15:03
Leichtathletikh	2.00	10:42	5:20	16	3:04	48	3:04	10.00	56:14	5:37	18	18:07	62	18:07