



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Wichum, Annett

Club: Erfurt

Number: 1431

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 59:30

Speed: 10.08 km/h

Running performance: 5:57 min/km

Rank in course/Total: 545 (of 637)

Rank in course/Women: 93 (of 144)

Best time in course: 38:07

Rank in category: 30(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	13:02	6:30	39	3:21	124	5:42	2.00	13:02	6:30	2	2:05	51	5:42
Runde Langstrec	2.00	11:45	5:52	34	2:35	101	4:08	4.00	24:47	6:11	2	3:22	51	9:50
Runde Langstrec	2.00	11:49	5:54	30	2:35	95	4:03	6.00	36:36	6:06	2	5:57	51	13:53
Runde Langstrec	2.00	11:38	5:48	26	2:24	76	3:52	8.00	48:14	6:01	4	6:15	51	17:45
Leichtathletikh	2.00	11:16	5:38	23	2:17	73	3:38	10.00	59:30	5:57	30	13:10	93	21:23