



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Stroh, Viola

Club: Erfurt Nord Gymnastik

Number: 1582

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 56:12

Speed: 10.68 km/h

Running performance: 5:37 min/km

Rank in course/Total: 446 (of 637)

Rank in course/Women: 60 (of 144)

Best time in course: 38:07

Rank in category: 8(of 25)

Best time in the category: 47:51

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	12:04	6:01	11	2:53	87	4:44	2.00	12:04	6:01	18		77	4:44
Runde Langstrec	2.00	11:09	5:34	8	1:43	69	3:32	4.00	23:13	5:48	18		77	8:16
Runde Langstrec	2.00	11:03	5:31	7	1:27	58	3:17	6.00	34:16	5:42	18		77	11:33
Runde Langstrec	2.00	11:03	5:31	6	1:14	52	3:17	8.00	45:19	5:39	16		77	14:50
Leichtathletikh	2.00	10:53	5:26	6	1:04	57	3:15	10.00	56:12	5:37	8	8:21	60	18:05