



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Zotzmann, Anja

Club: SWE

Number: 1380

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 57:21

Speed: 10.46 km/h

Running performance: 5:44 min/km

Rank in course/Total: 488 (of 637)

Rank in course/Women: 74 (of 144)

Best time in course: 38:07

Rank in category: 24(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	11:47	5:53	23	2:06	78	4:27	2.00	11:47	5:53	5	0:50	68	4:27
Runde Langstrec	2.00	11:22	5:41	26	2:12	79	3:45	4.00	23:09	5:47	5	1:44	70	8:12
Runde Langstrec	2.00	11:19	5:39	24	2:05	73	3:33	6.00	34:28	5:44	5	3:49	82	11:45
Runde Langstrec	2.00	11:33	5:46	24	2:19	73	3:47	8.00	46:01	5:45	7	4:02	82	15:32
Leichtathletikh	2.00	11:20	5:40	28	2:21	79	3:42	10.00	57:21	5:44	24	11:01	74	19:14