



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Sommerfeld, Sylvia

Club: Erfurt

Number: 1022

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 1:04:54

Speed: 9.24 km/h

Running performance: 6:29 min/km

Rank in course/Total: 606 (of 637)

Rank in course/Women: 130 (of 144)

Best time in course: 38:07

Rank in category: 41(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	13:23	6:41	42	3:42	134	6:03	2.00	13:23	6:41	6	2:26	83	6:03
Runde Langstrec	2.00	12:43	6:21	40	3:33	133	5:06	4.00	26:06	6:31	6	4:41	83	11:09
Runde Langstrec	2.00	13:00	6:30	42	3:46	135	5:14	6.00	39:06	6:30	6	8:27	83	16:23
Runde Langstrec	2.00	13:06	6:32	40	3:52	126	5:20	8.00	52:12	6:31	8	10:13	83	21:43
Leichtathletikh	2.00	12:42	6:20	39	3:43	122	5:04	10.00	1:04:54	6:29	41	18:34	130	26:47