



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Hoffmann, Susanne

Club: Jena

Number: 1526

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 53:22

Speed: 11.24 km/h

Running performance: 5:20 min/km

Rank in course/Total: 363 (of 637)

Rank in course/Women: 40 (of 144)

Best time in course: 38:07

Rank in category: 10(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	10:33	5:16	9	0:52	31	3:13	2.00	10:33	5:16	7		84	3:13
Runde Langstrec	2.00	10:44	5:21	14	1:34	49	3:07	4.00	21:17	5:19	7		84	6:20
Runde Langstrec	2.00	10:47	5:23	13	1:33	44	3:01	6.00	32:04	5:20	7	1:25	84	9:21
Runde Langstrec	2.00	10:45	5:22	9	1:31	39	2:59	8.00	42:49	5:21	9	0:50	84	12:20
Leichtathletikh	2.00	10:33	5:16	11	1:34	41	2:55	10.00	53:22	5:20	10	7:02	40	15:15