



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Reissig, Steffi

Club: SVW Eisenach Triathlon

Number: 1567

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 54:31

Speed: 11.01 km/h

Running performance: 5:27 min/km

Rank in course/Total: 396 (of 637)

Rank in course/Women: 46 (of 144)

Best time in course: 38:07

Rank in category: 5(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	10:57	5:28	4	1:46	44	3:37	2.00	10:57	5:28	15		22	3:37
Runde Langstrec	2.00	10:46	5:23	4	1:20	50	3:09	4.00	21:43	5:25	15		85	6:46
Runde Langstrec	2.00	10:59	5:29	5	1:23	51	3:13	6.00	32:42	5:27	15		85	9:59
Runde Langstrec	2.00	11:00	5:30	5	1:11	50	3:14	8.00	43:42	5:27	13		85	13:13
Leichtathletikh	2.00	10:49	5:24	5	1:00	53	3:11	10.00	54:31	5:27	5	6:40	46	16:24