



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Stiebritz, Anja

Club: CME

Number: 1242

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 55:32

Speed: 10.80 km/h

Running performance: 5:33 min/km

Rank in course/Total: 432 (of 637)

Rank in course/Women: 55 (of 144)

Best time in course: 38:07

Rank in category: 16(of 39)

Best time in the category: 38:07

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	10:56	5:28	16	3:36	42	3:36	2.00	10:56	5:28	9	1:22	71	3:36
Runde Langstrec	2.00	11:07	5:33	19	3:30	63	3:30	4.00	22:03	5:30	9	3:03	89	7:06
Runde Langstrec	2.00	11:12	5:35	19	3:26	65	3:26	6.00	33:15	5:32	9	4:54	71	10:32
Runde Langstrec	2.00	11:08	5:33	16	3:22	54	3:22	8.00	44:23	5:32	9	6:38	71	13:54
Leichtathletikh	2.00	11:09	5:34	19	3:31	66	3:31	10.00	55:32	5:33	16	17:25	55	17:25