



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Schildhauer, Manuela

Club: Erfurt

Number: 1225

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 59:51

Speed: 10.03 km/h

Running performance: 5:59 min/km

Rank in course/Total: 554 (of 637)

Rank in course/Women: 101 (of 144)

Best time in course: 38:07

Rank in category: 35(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	12:52	6:26	38	3:11	121	5:32	2.00	12:52	6:26	8	1:55	90	5:32
Runde Langstrec	2.00	12:00	6:00	36	2:50	106	4:23	4.00	24:52	6:13	8	3:27	90	9:55
Runde Langstrec	2.00	11:54	5:57	34	2:40	100	4:08	6.00	36:46	6:07	8	6:07	90	14:03
Runde Langstrec	2.00	11:49	5:54	31	2:35	86	4:03	8.00	48:35	6:04	10	6:36	89	18:06
Leichtathletikh	2.00	11:16	5:38	23	2:17	73	3:38	10.00	59:51	5:59	35	13:31	101	21:44