



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Bodenstein, Anne

Club: SC-Impuls Erfurt

Number: 1415

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 52:49

Speed: 11.36 km/h

Running performance: 5:17 min/km

Rank in course/Total: 347 (of 637)

Rank in course/Women: 38 (of 144)

Best time in course: 38:07

Rank in category: 9(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	10:38	5:18	10	0:57	34	3:18	2.00	10:38	5:18	9		27	3:18
Runde Langstrec	2.00	10:09	5:04	8	0:59	31	2:32	4.00	20:47	5:11	9		91	5:50
Runde Langstrec	2.00	10:29	5:14	8	1:15	39	2:43	6.00	31:16	5:12	9	0:37	91	8:33
Runde Langstrec	2.00	10:43	5:21	8	1:29	38	2:57	8.00	41:59	5:14	1	-	90	11:30
Leichtathletikh	2.00	10:50	5:25	16	1:51	54	3:12	10.00	52:49	5:16	9	6:29	38	14:42