



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Lory, Ariane

Club: FSV Blau-Weiß 90 Stadtilm

Number: 1250

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 1:05:54

Speed: 9.10 km/h

Running performance: 6:35 min/km

Rank in course/Total: 608 (of 637)

Rank in course/Women: 131 (of 144)

Best time in course: 38:07

Rank in category: 42(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	13:56	6:58	44	4:15	141	6:36	2.00	13:56	6:58	11	2:59	93	6:36
Runde Langstrec	2.00	12:43	6:21	40	3:33	133	5:06	4.00	26:39	6:39	11	5:14	95	11:42
Runde Langstrec	2.00	12:43	6:21	39	3:29	121	4:57	6.00	39:22	6:33	11	8:43	95	16:39
Runde Langstrec	2.00	13:10	6:34	41	3:56	127	5:24	8.00	52:32	6:33	42	10:33	138	22:03
Leichtathletikh	2.00	13:22	6:41	42	4:23	134	5:44	10.00	1:05:54	6:35	42	19:34	131	27:47