



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Rosahl, Sophie

Club: Erfurt

Number: 1182

Course: 10.00 km

Vintage VDB Lauf

Category:

weibliche Jugend U20 (18-19 Jahre)

Total time: 59:29

Speed: 10.09 km/h

Running performance: 5:57 min/km

Rank in course/Total: 542 (of 637)

Rank in course/Women: 92 (of 144)

Best time in course: 38:07

Rank in category: 4(of 9)

Best time in the category: 46:42

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	12:33	6:16	7	3:39	107	5:13	2.00	12:33	6:16	7	3:39	99	5:13
Runde Langstrec	2.00	11:36	5:47	5	2:19	90	3:59	4.00	24:09	6:02	7	5:58	99	9:12
Runde Langstrec	2.00	11:58	5:59	6	2:29	104	4:12	6.00	36:07	6:01	7	8:27	99	13:24
Runde Langstrec	2.00	12:12	6:05	5	2:29	106	4:26	8.00	48:19	6:02	5	10:56	92	17:50
Leichtathletikh	2.00	11:10	5:34	4	1:51	69	3:32	10.00	59:29	5:56	4	12:47	92	21:22