



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Reinhöfer, Frances

Club: LTV Erfurt

Number: 1469

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 46:47

Speed: 12.83 km/h

Running performance: 4:41 min/km

Rank in course/Total: 178 (of 637)

Rank in course/Women: 9 (of 144)

Best time in course: 38:07

Rank in category: 3(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	9:34	4:46	3	2:14	11	2:14	2.00	9:34	4:46	1	-	102	2:14
Runde Langstrec	2.00	9:26	4:43	3	1:49	9	1:49	4.00	19:00	4:45	1	-	102	4:03
Runde Langstrec	2.00	9:21	4:40	3	1:35	8	1:35	6.00	28:21	4:43	1	-	102	5:38
Runde Langstrec	2.00	9:24	4:42	3	1:38	10	1:38	8.00	37:45	4:43	1	-	98	7:16
Leichtathletikh	2.00	9:02	4:30	3	1:24	8	1:24	10.00	46:47	4:40	3	8:40	9	8:40