



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

**Knote, Doris**

Club: Sparkasse Unstrut/Hainich

Number: 1706

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W60 (60-69 Jahre)

Total time: 1:03:47

Speed: 9.41 km/h

Running performance: 6:23 min/km

Rank in course/Total: 599 (of 637)

Rank in course/Women: 125 (of 144)

Best time in course: 38:07

Rank in category: 1(of 1)

Best time in the category: 1:03:47

## Intermediate times

## Stage score

## Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
| Runde Langstrec | 2.00        | 12:42         | 6:20            | 1           | -              | 108          | 5:22            | 2.00        | 12:42         | 6:20            | 1           | -              | 105          | 5:22            |
| Runde Langstrec | 2.00        | 12:35         | 6:17            | 1           | -              | 130          | 4:58            | 4.00        | 25:17         | 6:19            | 1           | -              | 105          | 10:20           |
| Runde Langstrec | 2.00        | 12:45         | 6:22            | 1           | -              | 125          | 4:59            | 6.00        | 38:02         | 6:20            | 1           | -              | 105          | 15:19           |
| Runde Langstrec | 2.00        | 12:48         | 6:24            | 1           | -              | 121          | 5:02            | 8.00        | 50:50         | 6:21            | 1           | -              | 133          | 20:21           |
| Leichtathletikh | 2.00        | 12:57         | 6:28            | 1           | -              | 126          | 5:19            | 10.00       | 1:03:47       | 6:22            | 1           | -              | 125          | 25:40           |