



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Wenzel, Heike

Club: Ebenheim

Number: 1134

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 57:35

Speed: 10.42 km/h

Running performance: 5:46 min/km

Rank in course/Total: 494 (of 637)

Rank in course/Women: 77 (of 144)

Best time in course: 38:07

Rank in category: 9(of 25)

Best time in the category: 47:51

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	11:24	5:42	6	2:13	64	4:04	2.00	11:24	5:42	10		107	4:04
Runde Langstrec	2.00	11:11	5:35	9	1:45	73	3:34	4.00	22:35	5:38	6		107	7:38
Runde Langstrec	2.00	11:35	5:47	10	1:59	82	3:49	6.00	34:10	5:41	10		107	11:27
Runde Langstrec	2.00	11:45	5:52	10	1:56	84	3:59	8.00	45:55	5:44	9		101	15:26
Leichtathletikh	2.00	11:40	5:49	11	1:51	88	4:02	10.00	57:35	5:45	9	9:44	77	19:28