



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

rothkegel, ilona

Club: erfurt

Number: 1131

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W70 (70 und älter Jahre)

Total time: 52:41

Speed: 11.39 km/h

Running performance: 5:16 min/km

Rank in course/Total: 341 (of 637)

Rank in course/Women: 37 (of 144)

Best time in course: 38:07

Rank in category: 1(of 1)

Best time in the category: 52:41

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	11:36	5:47	1	-	70	4:16	2.00	11:36	5:47	1	-	42	4:16
Runde Langstrec	2.00	10:15	5:07	1	-	35	2:38	4.00	21:51	5:27	1	-	109	6:54
Runde Langstrec	2.00	10:11	5:05	1	-	26	2:25	6.00	32:02	5:20	1	-	109	9:19
Runde Langstrec	2.00	10:20	5:10	1	-	28	2:34	8.00	42:22	5:17	1	-	103	11:53
Leichtathletikh	2.00	10:19	5:09	1	-	35	2:41	10.00	52:41	5:16	1	-	37	14:34