



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Rother, Ricarda

Club: Erfurt

Number: 1597

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 1:07:32

Speed: 8.88 km/h

Running performance: 6:45 min/km

Rank in course/Total: 616 (of 637)

Rank in course/Women: 138 (of 144)

Best time in course: 38:07

Rank in category: 43(of 45)

Best time in the category: 46:20

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	12:21	6:10	29	2:40	93	5:01	2.00	12:21	6:10	14	1:24	111	5:01
Runde Langstrec	2.00	13:17	6:38	43	4:07	139	5:40	4.00	25:38	6:24	14	4:13	111	10:41
Runde Langstrec	2.00	13:53	6:56	44	4:39	142	6:07	6.00	39:31	6:35	14	8:52	111	16:48
Runde Langstrec	2.00	14:02	7:00	44	4:48	140	6:16	8.00	53:33	6:41	43	11:34	139	23:04
Leichtathletikh	2.00	13:59	6:59	44	5:00	139	6:21	10.00	1:07:32	6:45	43	21:12	138	29:25