



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Seise, Anna

Club: die flotten Mühlhäuser

Number: 1649

Course: 10.00 km

Vintage VDB Lauf

Category:

weibliche Jugend U20 (18-19 Jahre)

Total time: 1:06:09

Speed: 9.07 km/h

Running performance: 6:37 min/km

Rank in course/Total: 612 (of 637)

Rank in course/Women: 132 (of 144)

Best time in course: 38:07

Rank in category: 7(of 9)

Best time in the category: 46:42

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	13:30	6:45	8	4:36	135	6:10	2.00	13:30	6:45	4	4:36	86	6:10
Runde Langstrec	2.00	12:22	6:11	8	3:05	125	4:45	4.00	25:52	6:28	4	7:41	86	10:55
Runde Langstrec	2.00	12:56	6:28	7	3:27	132	5:10	6.00	38:48	6:27	4	11:08	86	16:05
Runde Langstrec	2.00	13:32	6:46	6	3:49	134	5:46	8.00	52:20	6:32	4	14:57	86	21:51
Leichtathletikh	2.00	13:49	6:54	7	4:30	136	6:11	10.00	1:06:09	6:36	7	19:27	132	28:02