



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Wittig, Beate

Club: Lauffreunde Gotha

Number: 1473

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 1:03:57

Speed: 9.38 km/h

Running performance: 6:24 min/km

Rank in course/Total: 603 (of 637)

Rank in course/Women: 127 (of 144)

Best time in course: 38:07

Rank in category: 40(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	12:06	6:02	26	2:25	88	4:46	2.00	12:06	6:02	15	1:09	70	4:46
Runde Langstrec	2.00	12:43	6:21	40	3:33	133	5:06	4.00	24:49	6:12	15	3:24	115	9:52
Runde Langstrec	2.00	12:49	6:24	40	3:35	129	5:03	6.00	37:38	6:16	15	6:59	115	14:55
Runde Langstrec	2.00	13:20	6:40	42	4:06	131	5:34	8.00	50:58	6:22	41	8:59	135	20:29
Leichtathletikh	2.00	12:59	6:29	40	4:00	127	5:21	10.00	1:03:57	6:23	40	17:37	127	25:50