



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

von Niessen, Jessica

Club: Stadtilm

Number: 1587

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 1:00:44

Speed: 9.88 km/h

Running performance: 6:04 min/km

Rank in course/Total: 564 (of 637)

Rank in course/Women: 105 (of 144)

Best time in course: 38:07

Rank in category: 33(of 39)

Best time in the category: 38:07

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	11:40	5:49	26	4:20	75	4:20	2.00	11:40	5:49	14	2:06	117	4:20
Runde Langstrec	2.00	11:20	5:40	25	3:43	77	3:43	4.00	23:00	5:45	14	4:00	117	8:03
Runde Langstrec	2.00	12:20	6:10	35	4:34	117	4:34	6.00	35:20	5:53	14	6:59	117	12:37
Runde Langstrec	2.00	12:32	6:15	37	4:46	118	4:46	8.00	47:52	5:59	13	10:07	108	17:23
Leichtathletikh	2.00	12:52	6:26	38	5:14	125	5:14	10.00	1:00:44	6:04	33	22:37	105	22:37