



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Schilling, Ivonne

Number: 1720

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 58:06

Speed: 10.33 km/h

Running performance: 5:49 min/km

Rank in course/Total: 505 (of 637)

Rank in course/Women: 80 (of 144)

Best time in course: 38:07

Rank in category: 26(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	12:46	6:23	34	5:26	116	5:26	2.00	12:46	6:23	15	3:12	119	5:26
Runde Langstrec	2.00	11:29	5:44	28	3:52	83	3:52	4.00	24:15	6:03	15	5:15	119	9:18
Runde Langstrec	2.00	11:08	5:33	18	3:22	60	3:22	6.00	35:23	5:53	15	7:02	119	12:40
Runde Langstrec	2.00	11:32	5:46	20	3:46	71	3:46	8.00	46:55	5:51	14	9:10	110	16:26
Leichtathletikh	2.00	11:11	5:35	21	3:33	71	3:33	10.00	58:06	5:48	26	19:59	80	19:59