



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Hirsch, Cora

Club: Jena

Number: 1346

Course: 10.00 km

Vintage VDB Lauf

Category:

Frauen (20-29 Jahre)

Total time: 54:33

Speed: 11.00 km/h

Running performance: 5:28 min/km

Rank in course/Total: 400 (of 637)

Rank in course/Women: 47 (of 144)

Best time in course: 38:07

Rank in category: 13(of 24)

Best time in the category: 42:00

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	11:42	5:50	16	3:15	76	4:22	2.00	11:42	5:50	8		120	4:22
Runde Langstrec	2.00	10:33	5:16	13	2:06	43	2:56	4.00	22:15	5:33	8		32	7:18
Runde Langstrec	2.00	10:48	5:24	13	2:27	46	3:02	6.00	33:03	5:30	8		120	10:20
Runde Langstrec	2.00	10:55	5:27	13	2:28	47	3:09	8.00	43:58	5:29	8		111	13:29
Leichtathletikh	2.00	10:35	5:17	13	2:17	43	2:57	10.00	54:33	5:27	13	12:33	47	16:26