



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Grahmann, Christin

Number: 1616

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 56:43

Speed: 10.58 km/h

Running performance: 5:40 min/km

Rank in course/Total: 473 (of 637)

Rank in course/Women: 69 (of 144)

Best time in course: 38:07

Rank in category: 21(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	11:03	5:31	20	3:43	52	3:43	2.00	11:03	5:31	16	1:29	121	3:43
Runde Langstrec	2.00	11:01	5:30	18	3:24	59	3:24	4.00	22:04	5:30	16	3:04	71	7:07
Runde Langstrec	2.00	11:17	5:38	21	3:31	70	3:31	6.00	33:21	5:33	16	5:00	121	10:38
Runde Langstrec	2.00	11:37	5:48	22	3:51	74	3:51	8.00	44:58	5:37	15	7:13	79	14:29
Leichtathletikh	2.00	11:45	5:52	26	4:07	93	4:07	10.00	56:43	5:40	21	18:36	69	18:36