



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

End, Cornelia

Club: Erfurt

Number: 1366

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 54:58

Speed: 10.92 km/h

Running performance: 5:30 min/km

Rank in course/Total: 419 (of 637)

Rank in course/Women: 52 (of 144)

Best time in course: 38:07

Rank in category: 6(of 25)

Best time in the category: 47:51

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	11:28	5:44	7	2:17	65	4:08	2.00	11:28	5:44	6		101	4:08
Runde Langstrec	2.00	11:07	5:33	7	1:41	63	3:30	4.00	22:35	5:38	6		107	7:38
Runde Langstrec	2.00	10:50	5:25	3	1:14	47	3:04	6.00	33:25	5:34	6		123	10:42
Runde Langstrec	2.00	10:53	5:26	4	1:04	46	3:07	8.00	44:18	5:32	5		114	13:49
Leichtathletikh	2.00	10:40	5:19	3	0:51	44	3:02	10.00	54:58	5:29	6	7:07	52	16:51