



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Schröder, Ines

Club: Ziesar

Number: 1466

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 54:51

Speed: 10.94 km/h

Running performance: 5:29 min/km

Rank in course/Total: 415 (of 637)

Rank in course/Women: 51 (of 144)

Best time in course: 38:07

Rank in category: 15(of 45)

Best time in the category: 46:20

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	12:22	6:11	30	2:41	94	5:02	2.00	12:22	6:11	20	1:25	33	5:02
Runde Langstrec	2.00	10:43	5:21	13	1:33	48	3:06	4.00	23:05	5:46	20	1:40	130	8:08
Runde Langstrec	2.00	10:47	5:23	13	1:33	44	3:01	6.00	33:52	5:38	20	3:13	23	11:09
Runde Langstrec	2.00	10:47	5:23	11	1:33	41	3:01	8.00	44:39	5:34	18	2:40	121	14:10
Leichtathletikh	2.00	10:12	5:05	7	1:13	29	2:34	10.00	54:51	5:29	15	8:31	51	16:44