



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Aßmann, Sabine

Club: Ballstedt

Number: 1381

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 52:33

Speed: 11.42 km/h

Running performance: 5:16 min/km

Rank in course/Total: 337 (of 637)

Rank in course/Women: 36 (of 144)

Best time in course: 38:07

Rank in category: 2(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	11:34	5:46	9	2:23	68	4:14	2.00	11:34	5:46	3		16	4:14
Runde Langstrec	2.00	10:17	5:08	2	0:51	39	2:40	4.00	21:51	5:27	3		109	6:54
Runde Langstrec	2.00	10:11	5:05	2	0:35	26	2:25	6.00	32:02	5:20	3		109	9:19
Runde Langstrec	2.00	10:17	5:08	2	0:28	27	2:31	8.00	42:19	5:17	2		126	11:50
Leichtathletikh	2.00	10:14	5:06	2	0:25	32	2:36	10.00	52:33	5:15	2	4:42	36	14:26