



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Franke, Marie-Luise

Club: Erfurt

Number: 1453

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: 401 (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	11:07	5:33	10	2:40	54	3:47	2.00	11:07	5:33	4		138	3:47
Runde Langstrec	2.00	10:41	5:20	14	2:14	47	3:04	4.00	21:48	5:27	4		76	6:51
Runde Langstrec	2.00	10:57	5:28	14	2:36	50	3:11	6.00	32:45	5:27	4		138	10:02
Runde Langstrec	2.00	11:02	5:30	14	2:35	51	3:16	8.00	43:47	5:28	4		129	13:18
Leichtathletikh	2.00	10:46	5:23	15	2:28	51	3:08	10.00	54:33	5:27	13	12:33	47	16:26