



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Höfer, Selma

Total time: 56:13

Number: 1648

Speed: 10.67 km/h

Running performance: 5:37 min/km

Course: 10.00 km

Rank in course/Total: 448 (of 637)

Vintage VDB Lauf

Rank in course/Women: 61 (of 144)

Category:

Best time in course: 38:07

Frauen (20-29 Jahre)

Rank in category: 15(of 24)

Best time in the category: 42:00

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Stage score | | | | Total ranking | | | | | | |
|-----------------|----------|------------|--------------|-------------|-------------|-----------|--------------|---------------|------------|--------------|----------|-------------|-----------|--------------|
| | | | | 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 | 12:07 | 6:03 | 20 | 3:40 | 91 | 4:47 | 2.00 | 12:07 | 6:03 | 16 | 0:17 | 48 | 4:47 |
| Runde Langstrec | 2.00 | 11:09 | 5:34 | 15 | 2:42 | 69 | 3:32 | 4.00 | 23:16 | 5:48 | 16 | | 48 | 8:19 |
| Runde Langstrec | 2.00 | 10:59 | 5:29 | 15 | 2:38 | 51 | 3:13 | 6.00 | 34:15 | 5:42 | 16 | | 48 | 11:32 |
| Runde Langstrec | 2.00 | 11:14 | 5:36 | 15 | 2:47 | 59 | 3:28 | 8.00 | 45:29 | 5:41 | 15 | | 48 | 15:00 |
| Leichtathletikh | 2.00 | 10:44 | 5:21 | 14 | 2:26 | 49 | 3:06 | 10.00 | 56:13 | 5:37 | 15 | 14:13 | 61 | 18:06 |