



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Demuth, Cornelia

Club: Marburg

Number: 1315

Course: 10.00 km

Vintage VDB Lauf

Category:

Frauen (20-29 Jahre)

Total time: 58:39

Speed: 10.23 km/h

Running performance: 5:52 min/km

Rank in course/Total: 519 (of 637)

Rank in course/Women: 85 (of 144)

Best time in course: 38:07

Rank in category: 16(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	11:51	5:55	18	3:24	82	4:31	2.00	11:51	5:55	15	0:01	52	4:31
Runde Langstrec	2.00	11:27	5:43	16	3:00	81	3:50	4.00	23:18	5:49	15		52	8:21
Runde Langstrec	2.00	11:46	5:53	16	3:25	88	4:00	6.00	35:04	5:50	15		52	12:21
Runde Langstrec	2.00	11:53	5:56	18	3:26	89	4:07	8.00	46:57	5:52	14		52	16:28
Leichtathletikh	2.00	11:42	5:50	18	3:24	91	4:04	10.00	58:39	5:51	16	16:39	85	20:32