



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Weber, Simona

Club: FSV Blau-Weiß 90 Stadtilm

Number: 1251

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 59:50

Speed: 10.03 km/h

Running performance: 5:59 min/km

Rank in course/Total: 553 (of 637)

Rank in course/Women: 100 (of 144)

Best time in course: 38:07

Rank in category: 34(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	12:43	6:21	34	3:02	110	5:23	2.00	12:43	6:21	32	1:46	30	5:23
Runde Langstrec	2.00	11:39	5:49	31	2:29	95	4:02	4.00	24:22	6:05	37	2:57	56	9:25
Runde Langstrec	2.00	11:46	5:53	29	2:32	88	4:00	6.00	36:08	6:01	36	5:29	56	13:25
Runde Langstrec	2.00	12:01	6:00	33	2:47	96	4:15	8.00	48:09	6:01	34	6:10	56	17:40
Leichtathletikh	2.00	11:41	5:50	31	2:42	90	4:03	10.00	59:50	5:59	34	13:30	100	21:43