



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Pausch, Viola

Number: 1471

Course: 10.00 km

Vintage VDB Lauf

Category:

Frauen (20-29 Jahre)

Total time: 1:01:51

Speed: 9.70 km/h

Running performance: 6:11 min/km

Rank in course/Total: 583 (of 637)

Rank in course/Women: 118 (of 144)

Best time in course: 38:07

Rank in category: 22(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	11:50	5:55	17	3:23	81	4:30	2.00	11:50	5:55	1	-	61	4:30
Runde Langstrec	2.00	12:08	6:03	21	3:41	115	4:31	4.00	23:58	5:59	1	-	61	9:01
Runde Langstrec	2.00	12:47	6:23	23	4:26	127	5:01	6.00	36:45	6:07	1	-	61	14:02
Runde Langstrec	2.00	12:53	6:26	22	4:26	123	5:07	8.00	49:38	6:12	1	-	61	19:09
Leichtathletikh	2.00	12:13	6:06	21	3:55	112	4:35	10.00	1:01:51	6:11	22	19:51	118	23:44