



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Pohl, Bianka

Club: Marathonprojekt Frankfurt/Main
Number: 1640

Course: 10.00 km
Vintage VDB Lauf

Category:
Seniorinnen W40 (40-49 Jahre)

Total time: 1:00:50

Speed: 9.86 km/h
Running performance: 6:05 min/km

Rank in course/Total: 566 (of 637)

Rank in course/Women: 106 (of 144)

Best time in course: 38:07

Rank in category: 37(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	12:50	6:25	37	3:09	119	5:30	2.00	12:50	6:25	40	1:53	64	5:30
Runde Langstrec	2.00	11:37	5:48	28	2:27	91	4:00	4.00	24:27	6:06	40	3:02	64	9:30
Runde Langstrec	2.00	11:51	5:55	33	2:37	98	4:05	6.00	36:18	6:02	39	5:39	64	13:35
Runde Langstrec	2.00	12:14	6:06	38	3:00	109	4:28	8.00	48:32	6:03	37	6:33	64	18:03
Leichtathletikh	2.00	12:18	6:09	38	3:19	115	4:40	10.00	1:00:50	6:05	37	14:30	106	22:43