



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Schubert, Ina

Club: SSV Erfurt 02 e.V.

Number: 1207

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 56:04

Speed: 10.70 km/h

Running performance: 5:37 min/km

Rank in course/Total: 444 (of 637)

Rank in course/Women: 58 (of 144)

Best time in course: 38:07

Rank in category: 19(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	11:01	5:30	15	1:20	50	3:41	2.00	11:01	5:30	3	0:04	26	3:41
Runde Langstrec	2.00	11:10	5:34	23	2:00	71	3:33	4.00	22:11	5:32	3	0:46	79	7:14
Runde Langstrec	2.00	11:23	5:41	25	2:09	75	3:37	6.00	33:34	5:35	3	2:55	79	10:51
Runde Langstrec	2.00	11:24	5:42	22	2:10	69	3:38	8.00	44:58	5:37	5	2:59	79	14:29
Leichtathletikh	2.00	11:06	5:32	20	2:07	63	3:28	10.00	56:04	5:36	19	9:44	58	17:57