



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Schirmbacher, Odette

Club: SC-Impuls

Number: 1234

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 53:54

Speed: 11.13 km/h

Running performance: 5:23 min/km

Rank in course/Total: 377 (of 637)

Rank in course/Women: 42 (of 144)

Best time in course: 38:07

Rank in category: 12(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	10:57	5:28	14	1:16	44	3:37	2.00	10:57	5:28	1	-	22	3:37
Runde Langstrec	2.00	10:28	5:14	10	1:18	42	2:51	4.00	21:25	5:21	1	-	106	6:28
Runde Langstrec	2.00	10:44	5:21	11	1:30	42	2:58	6.00	32:09	5:21	13	1:30	106	9:26
Runde Langstrec	2.00	10:51	5:25	13	1:37	43	3:05	8.00	43:00	5:22	13	1:01	100	12:31
Leichtathletikh	2.00	10:54	5:27	18	1:55	58	3:16	10.00	53:54	5:23	12	7:34	42	15:47