



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Pudell, Katrin

Club: LTV Erfurt

Number: 1030

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 54:24

Speed: 11.03 km/h

Running performance: 5:26 min/km

Rank in course/Total: 394 (of 637)

Rank in course/Women: 45 (of 144)

Best time in course: 38:07

Rank in category: 4(of 25)

Best time in the category: 47:51

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	10:50	5:25	3	1:39	40	3:30	2.00	10:50	5:25	8		113	3:30
Runde Langstrec	2.00	10:25	5:12	3	0:59	41	2:48	4.00	21:15	5:18	8		113	6:18
Runde Langstrec	2.00	10:55	5:27	4	1:19	48	3:09	6.00	32:10	5:21	8		113	9:27
Runde Langstrec	2.00	11:09	5:34	7	1:20	57	3:23	8.00	43:19	5:24	7		105	12:50
Leichtathletikh	2.00	11:05	5:32	8	1:16	62	3:27	10.00	54:24	5:26	4	6:33	45	16:17