



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Ziegenrucker, Andrea

Club: Erfurt

Number: 1338

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 1:03:38

Speed: 9.43 km/h

Running performance: 6:22 min/km

Rank in course/Total: 598 (of 637)

Rank in course/Women: 124 (of 144)

Best time in course: 38:07

Rank in category: 20(of 25)

Best time in the category: 47:51

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	11:59	5:59	10	2:48	84	4:39	2.00	11:59	5:59	7		114	4:39
Runde Langstrec	2.00	12:24	6:12	21	2:58	128	4:47	4.00	24:23	6:05	7		114	9:26
Runde Langstrec	2.00	12:47	6:23	20	3:11	127	5:01	6.00	37:10	6:11	7		114	14:27
Runde Langstrec	2.00	13:19	6:39	20	3:30	130	5:33	8.00	50:29	6:18	6	1:29	106	20:00
Leichtathletikh	2.00	13:09	6:34	21	3:20	132	5:31	10.00	1:03:38	6:21	20	15:47	124	25:31