



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Bauer, Dorothee

Club: delicioussign

Number: 1500

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 51:00

Speed: 11.76 km/h

Running performance: 5:06 min/km

Rank in course/Total: 292 (of 637)

Rank in course/Women: 27 (of 144)

Best time in course: 38:07

Rank in category: 10(of 39)

Best time in the category: 38:07

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Runde Langstrec	2.00	9:41	4:50	5	2:21	13	2:21	2.00	9:41	4:50	18	0:07	127	2:21	
Runde Langstrec	2.00	10:15	5:07	12	2:38	35	2:38	4.00	19:56	4:59	18	0:56	127	4:59	
Runde Langstrec	2.00	10:21	5:10	11	2:35	34	2:35	6.00	30:17	5:02	18	1:56	127	7:34	
Runde Langstrec	2.00	10:28	5:14	12	2:42	33	2:42	8.00	40:45	5:05	17	3:00	118	10:16	
Leichtathletikh	2.00	10:15	5:07	10	2:37	33	2:37	10.00	51:00	5:05	10	12:53	27	12:53	