



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Hesse, Peggy

Club: Udestedt

Number: 1272

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 49:43

Speed: 12.07 km/h

Running performance: 4:58 min/km

Rank in course/Total: 252 (of 637)

Rank in course/Women: 19 (of 144)

Best time in course: 38:07

Rank in category: 4(of 45)

Best time in the category: 46:20

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	10:27	5:13	8	0:46	30	3:07	2.00	10:27	5:13	19		128	3:07
Runde Langstrec	2.00	9:45	4:52	2	0:35	18	2:08	4.00	20:12	5:02	19		128	5:15
Runde Langstrec	2.00	9:47	4:53	3	0:33	18	2:01	6.00	29:59	4:59	19		128	7:16
Runde Langstrec	2.00	9:57	4:58	3	0:43	18	2:11	8.00	39:56	4:59	17		119	9:27
Leichtathletikh	2.00	9:47	4:53	2	0:48	18	2:09	10.00	49:43	4:58	4	3:23	19	11:36