



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Beyer, Nicole

Club: Logopaedie Runners

Number: 1402

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 50:18

Speed: 11.93 km/h

Running performance: 5:02 min/km

Rank in course/Total: 266 (of 637)

Rank in course/Women: 21 (of 144)

Best time in course: 38:07

Rank in category: 6(of 39)

Best time in the category: 38:07

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	9:44	4:51	8	2:24	18	2:24	2.00	9:44	4:51	19	0:10	136	2:24
Runde Langstrec	2.00	9:50	4:55	7	2:13	21	2:13	4.00	19:34	4:53	19	0:34	136	4:37
Runde Langstrec	2.00	10:16	5:08	8	2:30	29	2:30	6.00	29:50	4:58	19	1:29	136	7:07
Runde Langstrec	2.00	10:23	5:11	9	2:37	30	2:37	8.00	40:13	5:01	18	2:28	127	9:44
Leichtathletikh	2.00	10:05	5:02	7	2:27	26	2:27	10.00	50:18	5:01	6	12:11	21	12:11