



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Wölke, Nicole

Club: RACO

Number: 1379

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 54:45

Speed: 10.96 km/h

Running performance: 5:29 min/km

Rank in course/Total: 406 (of 637)

Rank in course/Women: 49 (of 144)

Best time in course: 38:07

Rank in category: 15(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	11:00	5:30	18	3:40	48	3:40	2.00	11:00	5:30	11	1:26	44	3:40
Runde Langstrec	2.00	10:50	5:25	16	3:13	53	3:13	4.00	21:50	5:27	20	2:50	26	6:53
Runde Langstrec	2.00	11:01	5:30	17	3:15	55	3:15	6.00	32:51	5:28	20	4:30	26	10:08
Runde Langstrec	2.00	11:14	5:36	17	3:28	59	3:28	8.00	44:05	5:30	19	6:20	26	13:36
Leichtathletikh	2.00	10:40	5:19	15	3:02	44	3:02	10.00	54:45	5:28	15	16:38	49	16:38