



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Münch, Birgit

Club: sc Impuls erfurt

Number: 1321

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 49:33

Speed: 12.11 km/h

Running performance: 4:58 min/km

Rank in course/Total: 245 (of 637)

Rank in course/Women: 18 (of 144)

Best time in course: 38:07

Rank in category: 3(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	9:41	4:50	1	-	13	2:21	2.00	9:41	4:50	22		127	2:21
Runde Langstrec	2.00	9:51	4:55	4	0:41	22	2:14	4.00	19:32	4:53	22		140	4:35
Runde Langstrec	2.00	10:01	5:00	4	0:47	22	2:15	6.00	29:33	4:55	22		140	6:50
Runde Langstrec	2.00	10:03	5:01	4	0:49	20	2:17	8.00	39:36	4:57	20		131	9:07
Leichtathletikh	2.00	9:57	4:58	4	0:58	23	2:19	10.00	49:33	4:57	3	3:13	18	11:26