



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Sarkadi, Melanie

Club: Erfurt
Number: 1203

Course: 10.00 km
Vintage VDB Lauf

Category:
Seniorinnen W30 (30-39 Jahre)

Total time: 43:26

Speed: 13.81 km/h
Running performance: 4:20 min/km

Rank in course/Total: 85 (of 637)

Rank in course/Women: 3 (of 144)

Best time in course: 38:07

Rank in category: 2(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	7:58	3:59	2	0:38	2	0:38	2.00	7:58	3:59	22		3	0:38
Runde Langstrec	2.00	8:34	4:16	2	0:57	3	0:57	4.00	16:32	4:08	22		3	1:35
Runde Langstrec	2.00	8:52	4:26	2	1:06	5	1:06	6.00	25:24	4:14	22		3	2:41
Runde Langstrec	2.00	9:03	4:31	2	1:17	5	1:17	8.00	34:27	4:18	21		3	3:58
Leichtathletikh	2.00	8:59	4:29	2	1:21	6	1:21	10.00	43:26	4:20	2	5:19	3	5:19