



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Glomb, Agnieszka

Club: exaktaktiv Rosenheim

Number: 1520

Course: 10.00 km

Vintage VDB Lauf

Category:

Frauen (20-29 Jahre)

Total time: 43:47

Speed: 13.70 km/h

Running performance: 4:23 min/km

Rank in course/Total: 97 (of 637)

Rank in course/Women: 4 (of 144)

Best time in course: 38:07

Rank in category: 2(of 24)

Best time in the category: 42:00

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	8:42	4:20	2	0:15	4	1:22	2.00	8:42	4:20	24		4	1:22
Runde Langstrec	2.00	8:40	4:19	2	0:13	4	1:03	4.00	17:22	4:20	24		4	2:25
Runde Langstrec	2.00	8:46	4:23	2	0:25	3	1:00	6.00	26:08	4:21	24		4	3:25
Runde Langstrec	2.00	8:59	4:29	3	0:32	4	1:13	8.00	35:07	4:23	23		4	4:38
Leichtathletikh	2.00	8:40	4:19	2	0:22	3	1:02	10.00	43:47	4:22	2	1:47	4	5:40