



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Debertshäuser, Steffi

Club: Sv- Sömmerda e.V.

Number: 1249

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 46:20

Speed: 12.95 km/h

Running performance: 4:38 min/km

Rank in course/Total: 166 (of 637)

Rank in course/Women: 7 (of 144)

Best time in course: 38:07

Rank in category: 1(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	9:43	4:51	2	0:02	15	2:23	2.00	9:43	4:51	35		8	2:23
Runde Langstrec	2.00	9:10	4:34	1	-	7	1:33	4.00	18:53	4:43	35		8	3:56
Runde Langstrec	2.00	9:14	4:36	1	-	6	1:28	6.00	28:07	4:41	34		8	5:24
Runde Langstrec	2.00	9:14	4:36	1	-	7	1:28	8.00	37:21	4:40	3		8	6:52
Leichtathletikh	2.00	8:59	4:29	1	-	6	1:21	10.00	46:20	4:38	1	-	7	8:13