



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Gärtner, Manuela

Club: Mertendorf

Number: 1521

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 50:30

Speed: 11.88 km/h

Running performance: 5:03 min/km

Rank in course/Total: 270 (of 637)

Rank in course/Women: 24 (of 144)

Best time in course: 38:07

Rank in category: 8(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	10:36	5:17	13	3:16	33	3:16	2.00	10:36	5:17	23	1:02	9	3:16
Runde Langstrec	2.00	9:37	4:48	4	2:00	15	2:00	4.00	20:13	5:03	23	1:13	9	5:16
Runde Langstrec	2.00	9:48	4:54	6	2:02	19	2:02	6.00	30:01	5:00	23	1:40	9	7:18
Runde Langstrec	2.00	10:04	5:01	6	2:18	21	2:18	8.00	40:05	5:00	22	2:20	9	9:36
Leichtathletikh	2.00	10:25	5:12	12	2:47	38	2:47	10.00	50:30	5:02	8	12:23	24	12:23