



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Pikarski, Jessica

Club: RunningBros Coburg

Number: 1018

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 51:28

Speed: 11.66 km/h

Running performance: 5:09 min/km

Rank in course/Total: 301 (of 637)

Rank in course/Women: 30 (of 144)

Best time in course: 38:07

Rank in category: 11(of 39)

Best time in the category: 38:07

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	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	10:00	5:00	9	2:40	22	2:40	2.00	10:00	5:00	25	0:26	13	2:40
Runde Langstrec	2.00	10:21	5:10	14	2:44	40	2:44	4.00	20:21	5:05	25	1:21	13	5:24
Runde Langstrec	2.00	10:25	5:12	13	2:39	36	2:39	6.00	30:46	5:07	25	2:25	13	8:03
Runde Langstrec	2.00	10:30	5:15	14	2:44	36	2:44	8.00	41:16	5:09	24	3:31	13	10:47
Leichtathletikh	2.00	10:12	5:05	9	2:34	29	2:34	10.00	51:28	5:08	11	13:21	30	13:21