



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Henschel, Jana

Club: Team Sitzflaeche.de

Number: 1524

Course: 10.00 km

Vintage VDB Lauf

Category:

Frauen (20-29 Jahre)

Total time: 51:56

Speed: 11.55 km/h

Running performance: 5:11 min/km

Rank in course/Total: 313 (of 637)

Rank in course/Women: 32 (of 144)

Best time in course: 38:07

Rank in category: 12(of 24)

Best time in the category: 42:00

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde Langstrec	2.00	11:34	5:46	13	3:07	68	4:14	2.00	11:34	5:46	20		16	4:14
Runde Langstrec	2.00	10:01	5:00	11	1:34	26	2:24	4.00	21:35	5:23	20		16	6:38
Runde Langstrec	2.00	10:14	5:06	11	1:53	28	2:28	6.00	31:49	5:18	20		16	9:06
Runde Langstrec	2.00	10:11	5:05	11	1:44	25	2:25	8.00	42:00	5:15	19		16	11:31
Leichtathletikh	2.00	9:56	4:58	12	1:38	22	2:18	10.00	51:56	5:11	12	9:56	32	13:49