



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 |