



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Bormann, Martina

Club: Lauffreunde Schmira

Number: 1601

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 53:12

Speed: 11.28 km/h

Running performance: 5:19 min/km

Rank in course/Total: 360 (of 637)

Rank in course/Women: 39 (of 144)

Best time in course: 38:07

Rank in category: 14(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	11:39	5:49	25	4:19	74	4:19	2.00	11:39	5:49	27	2:05	17	4:19
Runde Langstrec	2.00	10:15	5:07	12	2:38	35	2:38	4.00	21:54	5:28	27	2:54	17	6:57
Runde Langstrec	2.00	10:24	5:12	12	2:38	35	2:38	6.00	32:18	5:22	27	3:57	17	9:35
Runde Langstrec	2.00	10:29	5:14	13	2:43	34	2:43	8.00	42:47	5:20	26	5:02	17	12:18
Leichtathletikh	2.00	10:25	5:12	12	2:47	38	2:47	10.00	53:12	5:19	14	15:05	39	15:05