



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Meyer, Katrin

Club: fat fighters / Bad Langensalza
Number: 1396

Course: 10.00 km
Vintage VDB Lauf

Category:
Seniorinnen W30 (30-39 Jahre)

Total time: 50:26

Speed: 11.90 km/h
Running performance: 5:02 min/km

Rank in course/Total: 269 (of 637)

Rank in course/Women: 23 (of 144)

Best time in course: 38:07

Rank in category: 7(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	9:36	4:47	4	2:16	12	2:16	2.00	9:36	4:47	30	0:02	21	2:16
Runde Langstrec	2.00	9:57	4:58	8	2:20	23	2:20	4.00	19:33	4:53	30	0:33	21	4:36
Runde Langstrec	2.00	10:16	5:08	8	2:30	29	2:30	6.00	29:49	4:58	30	1:28	21	7:06
Runde Langstrec	2.00	10:21	5:10	8	2:35	29	2:35	8.00	40:10	5:01	20	2:25	21	9:41
Leichtathletikh	2.00	10:16	5:08	11	2:38	34	2:38	10.00	50:26	5:02	7	12:19	23	12:19