



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kahl, Lilith

Club: Die flinken Gerataler/SV Olympia Neustadt
Number: 1652

Course: 10.00 km
Vintage VDB Lauf

Category:
Seniorinnen W30 (30-39 Jahre)

Total time: 52:14

Speed: 11.49 km/h
Running performance: 5:13 min/km

Rank in course/Total: 322 (of 637)

Rank in course/Women: 34 (of 144)

Best time in course: 38:07

Rank in category: 12(of 39)

Best time in the category: 38:07

Intermediate times				Stage score				Total ranking						
Control	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	10:57	5:28	17	3:37	44	3:37	2.00	10:57	5:28	21	1:23	22	3:37
Runde Langstrec	2.00	10:10	5:04	10	2:33	32	2:33	4.00	21:07	5:16	21	2:07	15	6:10
Runde Langstrec	2.00	10:16	5:08	8	2:30	29	2:30	6.00	31:23	5:13	21	3:02	22	8:40
Runde Langstrec	2.00	10:25	5:12	10	2:39	31	2:39	8.00	41:48	5:13	30	4:03	22	11:19
Leichtathletikh	2.00	10:26	5:13	14	2:48	40	2:48	10.00	52:14	5:13	12	14:07	34	14:07