



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Galbas, Elisabeth

Club: SC Medizin Erfurt

Number: 1427

Course: 10.00 km

Vintage VDB Lauf

Category:

weibliche Jugend U20 (18-19 Jahre)

Total time: 56:17

Speed: 10.66 km/h

Running performance: 5:38 min/km

Rank in course/Total: 453 (of 637)

Rank in course/Women: 63 (of 144)

Best time in course: 38:07

Rank in category: 2(of 9)

Best time in the category: 46:42

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	11:44	5:51	3	2:50	77	4:24	2.00	11:44	5:51	2	2:50	23	4:24
Runde Langstrec	2.00	10:59	5:29	3	1:42	58	3:22	4.00	22:43	5:40	2	4:32	23	7:46
Runde Langstrec	2.00	11:09	5:34	3	1:40	62	3:23	6.00	33:52	5:38	2	6:12	23	11:09
Runde Langstrec	2.00	11:18	5:39	2	1:35	65	3:32	8.00	45:10	5:38	2	7:47	23	14:41
Leichtathletikh	2.00	11:07	5:33	3	1:48	64	3:29	10.00	56:17	5:37	2	9:35	63	18:10