



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Schade, Synke

Club: Werningshausen

Number: 1017

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 56:54

Speed: 10.54 km/h

Running performance: 5:41 min/km

Rank in course/Total: 480 (of 637)

Rank in course/Women: 71 (of 144)

Best time in course: 38:07

Rank in category: 22(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	10:39	5:19	14	3:19	36	3:19	2.00	10:39	5:19	33	1:05	31	3:19
Runde Langstrec	2.00	11:08	5:33	21	3:31	67	3:31	4.00	21:47	5:26	33	2:47	31	6:50
Runde Langstrec	2.00	11:22	5:41	22	3:36	74	3:36	6.00	33:09	5:31	33	4:48	31	10:26
Runde Langstrec	2.00	12:00	6:00	29	4:14	95	4:14	8.00	45:09	5:38	32	7:24	31	14:40
Leichtathletikh	2.00	11:45	5:52	26	4:07	93	4:07	10.00	56:54	5:41	22	18:47	71	18:47