



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Uhrig, Vivien

Club: Ingelheim

Number: 1255

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 1:02:06

Speed: 9.66 km/h

Running performance: 6:13 min/km

Rank in course/Total: 586 (of 637)

Rank in course/Women: 119 (of 144)

Best time in course: 38:07

Rank in category: 35(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	13:06	6:32	37	5:46	128	5:46	2.00	13:06	6:32	38	3:32	38	5:46
Runde Langstrec	2.00	12:10	6:04	35	4:33	118	4:33	4.00	25:16	6:18	38	6:16	38	10:19
Runde Langstrec	2.00	12:06	6:02	34	4:20	109	4:20	6.00	37:22	6:13	38	9:01	38	14:39
Runde Langstrec	2.00	12:31	6:15	36	4:45	117	4:45	8.00	49:53	6:14	37	12:08	38	19:24
Leichtathletikh	2.00	12:13	6:06	34	4:35	112	4:35	10.00	1:02:06	6:12	35	23:59	119	23:59