



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Ratzlow, Cordula

Club: Kath. Laufjugend Arnstadt

Number: 1128

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 1:02:34

Speed: 9.59 km/h

Running performance: 6:16 min/km

Rank in course/Total: 591 (of 637)

Rank in course/Women: 121 (of 144)

Best time in course: 38:07

Rank in category: 19(of 25)

Best time in the category: 47:51

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 | 13:00 | 6:30 | 19 | 3:49 | 122 | 5:40 | 2.00 | 13:00 | 6:30 | 24 | | 40 | 5:40 |
| Runde Langstrec | 2.00 | 12:15 | 6:07 | 18 | 2:49 | 121 | 4:38 | 4.00 | 25:15 | 6:18 | 24 | | 40 | 10:18 |
| Runde Langstrec | 2.00 | 12:44 | 6:21 | 19 | 3:08 | 123 | 4:58 | 6.00 | 37:59 | 6:19 | 24 | | 40 | 15:16 |
| Runde Langstrec | 2.00 | 12:25 | 6:12 | 17 | 2:36 | 114 | 4:39 | 8.00 | 50:24 | 6:17 | 22 | 1:24 | 40 | 19:55 |
| Leichtathletikh | 2.00 | 12:10 | 6:04 | 16 | 2:21 | 110 | 4:32 | 10.00 | 1:02:34 | 6:15 | 19 | 14:43 | 121 | 24:27 |