



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Seehof, Manuela

Number: 1621

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 56:28

Speed: 10.63 km/h

Running performance: 5:39 min/km

Rank in course/Total: 458 (of 637)

Rank in course/Women: 65 (of 144)

Best time in course: 38:07

Rank in category: 19(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.	Stage score		Total		Total		Total		Total ranking	
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Runde Langstrec	2.00	11:00	5:30	18	3:40	48	3:40	2.00	11:00	5:30	11	1:26	44	3:40	
Runde Langstrec	2.00	11:07	5:33	19	3:30	63	3:30	4.00	22:07	5:31	11	3:07	44	7:10	
Runde Langstrec	2.00	11:31	5:45	25	3:45	79	3:45	6.00	33:38	5:36	11	5:17	44	10:55	
Runde Langstrec	2.00	11:40	5:49	23	3:54	79	3:54	8.00	45:18	5:39	11	7:33	44	14:49	
Leichtathletikh	2.00	11:10	5:34	20	3:32	69	3:32	10.00	56:28	5:38	19	18:21	65	18:21	