



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Stephan, Helen

Total time: 1:01:22

Number: 1440

Speed: 9.78 km/h

Running performance: 6:08 min/km

Course: 10.00 km

Rank in course/Total: 573 (of 637)

Vintage VDB Lauf

Rank in course/Women: 112 (of 144)

Best time in course: 38:07

Category:

Rank in category: 21(of 24)

Frauen (20-29 Jahre)

Best time in the category: 42:00

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	13:19	6:39	24	4:52	133	5:59	2.00	13:19	6:39	17	1:29	46	5:59
Runde Langstrec	2.00	12:04	6:01	20	3:37	111	4:27	4.00	25:23	6:20	17	1:25	46	10:26
Runde Langstrec	2.00	11:59	5:59	19	3:38	105	4:13	6.00	37:22	6:13	17	0:37	38	14:39
Runde Langstrec	2.00	12:12	6:05	19	3:45	106	4:26	8.00	49:34	6:11	16		46	19:05
Leichtathletikh	2.00	11:48	5:54	19	3:30	96	4:10	10.00	1:01:22	6:08	21	19:22	112	23:15