



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Hammer, Uta

Club: Hainichläufer

Number: 1245

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 1:01:43

Speed: 9.72 km/h

Running performance: 6:10 min/km

Rank in course/Total: 576 (of 637)

Rank in course/Women: 114 (of 144)

Best time in course: 38:07

Rank in category: 15(of 25)

Best time in the category: 47:51

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		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	12:22	6:11	13	3:11	94	5:02	2.00	12:22	6:11	23		33	5:02
Runde Langstrec	2.00	12:15	6:07	18	2:49	121	4:38	4.00	24:37	6:09	23		47	9:40
Runde Langstrec	2.00	12:16	6:08	17	2:40	116	4:30	6.00	36:53	6:08	23		47	14:10
Runde Langstrec	2.00	12:47	6:23	19	2:58	120	5:01	8.00	49:40	6:12	21	0:40	47	19:11
Leichtathletikh	2.00	12:03	6:01	14	2:14	106	4:25	10.00	1:01:43	6:10	15	13:52	114	23:36