



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

Höfer, Selma

Total time: 56:13

Number: 1648

Speed: 10.67 km/h

Running performance: 5:37 min/km

Course: 10.00 km

Rank in course/Total: 448 (of 637)

Vintage VDB Lauf

Rank in course/Women: 61 (of 144)

Category:

Best time in course: 38:07

Frauen (20-29 Jahre)

Rank in category: 15(of 24)

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	12:07	6:03	20	3:40	91	4:47	2.00	12:07	6:03	16	0:17	48	4:47
Runde Langstrec	2.00	11:09	5:34	15	2:42	69	3:32	4.00	23:16	5:48	16		48	8:19
Runde Langstrec	2.00	10:59	5:29	15	2:38	51	3:13	6.00	34:15	5:42	16		48	11:32
Runde Langstrec	2.00	11:14	5:36	15	2:47	59	3:28	8.00	45:29	5:41	15		48	15:00
Leichtathletikh	2.00	10:44	5:21	14	2:26	49	3:06	10.00	56:13	5:37	15	14:13	61	18:06