



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Oschmann, Anja

Club: WalschbergRunners

Number: 1495

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 56:36

Speed: 10.60 km/h

Running performance: 5:40 min/km

Rank in course/Total: 469 (of 637)

Rank in course/Women: 68 (of 144)

Best time in course: 38:07

Rank in category: 20(of 39)

Best time in the category: 38:07

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	11:55	5:57	28	4:35	83	4:35	2.00	11:55	5:57	2	2:21	53	4:35
Runde Langstrec	2.00	11:19	5:39	24	3:42	76	3:42	4.00	23:14	5:48	2	4:14	53	8:17
Runde Langstrec	2.00	11:00	5:30	15	3:14	53	3:14	6.00	34:14	5:42	2	5:53	53	11:31
Runde Langstrec	2.00	11:15	5:37	18	3:29	62	3:29	8.00	45:29	5:41	2	7:44	48	15:00
Leichtathletikh	2.00	11:07	5:33	18	3:29	64	3:29	10.00	56:36	5:39	20	18:29	68	18:29