



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

**Schwäblein, Jana**

Club: Rhöner WSV

Number: 1408

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 57:09

Speed: 10.50 km/h

Running performance: 5:43 min/km

Rank in course/Total: 487 (of 637)

Rank in course/Women: 73 (of 144)

Best time in course: 38:07

Rank in category: 24(of 39)

Best time in the category: 38:07

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                 |             |               |                 |             |                |              |                 |             |               |                 |             |                |              |                 |
| Runde Langstrec | 2.00        | 10:26         | 5:13            | 11          | 3:06           | 29           | 3:06            | 2.00        | 10:26         | 5:13            | 3           | 0:52           | 54           | 3:06            |
| Runde Langstrec | 2.00        | 11:27         | 5:43            | 27          | 3:50           | 81           | 3:50            | 4.00        | 21:53         | 5:28            | 3           | 2:53           | 54           | 6:56            |
| Runde Langstrec | 2.00        | 11:35         | 5:47            | 26          | 3:49           | 82           | 3:49            | 6.00        | 33:28         | 5:34            | 3           | 5:07           | 54           | 10:45           |
| Runde Langstrec | 2.00        | 11:53         | 5:56            | 26          | 4:07           | 89           | 4:07            | 8.00        | 45:21         | 5:40            | 3           | 7:36           | 54           | 14:52           |
| Leichtathletikh | 2.00        | 11:48         | 5:54            | 28          | 4:10           | 96           | 4:10            | 10.00       | 57:09         | 5:42            | 24          | 19:02          | 73           | 19:02           |