



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 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	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