



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Manger, Isabell

Club: Erfurt

Number: 1592

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 58:54

Speed: 10.19 km/h

Running performance: 5:53 min/km

Rank in course/Total: 529 (of 637)

Rank in course/Women: 88 (of 144)

Best time in course: 38:07

Rank in category: 29(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	13:11	6:35	38	5:51	131	5:51	2.00	13:11	6:35	4	3:37	55	5:51
Runde Langstrec	2.00	11:26	5:43	26	3:49	80	3:49	4.00	24:37	6:09	4	5:37	47	9:40
Runde Langstrec	2.00	11:29	5:44	24	3:43	78	3:43	6.00	36:06	6:00	4	7:45	55	13:23
Runde Langstrec	2.00	11:23	5:41	19	3:37	67	3:37	8.00	47:29	5:56	4	9:44	55	17:00
Leichtathletikh	2.00	11:25	5:42	23	3:47	82	3:47	10.00	58:54	5:53	29	20:47	88	20:47