



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

Sieber-Held, Anke

Club: SSV ERFURT 02

Number: 1725

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 59:35

Speed: 10.07 km/h

Running performance: 5:58 min/km

Rank in course/Total: 548 (of 637)

Rank in course/Women: 97 (of 144)

Best time in course: 38:07

Rank in category: 33(of 45)

Best time in the category: 46:20

### 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	12:00	6:00	25	2:19	85	4:40	2.00	12:00	6:00	39	1:03	59	4:40
Runde Langstrec	2.00	11:38	5:48	29	2:28	93	4:01	4.00	23:38	5:54	39	2:13	59	8:41
Runde Langstrec	2.00	12:00	6:00	36	2:46	106	4:14	6.00	35:38	5:56	38	4:59	59	12:55
Runde Langstrec	2.00	12:07	6:03	35	2:53	98	4:21	8.00	47:45	5:58	36	5:46	59	17:16
Leichtathletikh	2.00	11:50	5:55	33	2:51	98	4:12	10.00	59:35	5:57	33	13:15	97	21:28