



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Liebelt, Kathrin

Club: SV 90 Nordhausen Triathlon

Number: 1458

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 59:18

Speed: 10.12 km/h

Running performance: 5:56 min/km

Rank in course/Total: 536 (of 637)

Rank in course/Women: 91 (of 144)

Best time in course: 38:07

Rank in category: 30(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 | 11:10 | 5:34 | 22 | 3:50 | 55 | 3:50 | 2.00 | 11:10 | 5:34 | 5 | 1:36 | 60 | 3:50 |
| Runde Langstrec | 2.00 | 11:52 | 5:56 | 33 | 4:15 | 104 | 4:15 | 4.00 | 23:02 | 5:45 | 5 | 4:02 | 60 | 8:05 |
| Runde Langstrec | 2.00 | 12:03 | 6:01 | 33 | 4:17 | 108 | 4:17 | 6.00 | 35:05 | 5:50 | 5 | 6:44 | 60 | 12:22 |
| Runde Langstrec | 2.00 | 12:10 | 6:04 | 31 | 4:24 | 103 | 4:24 | 8.00 | 47:15 | 5:54 | 5 | 9:30 | 60 | 16:46 |
| Leichtathletikh | 2.00 | 12:03 | 6:01 | 32 | 4:25 | 106 | 4:25 | 10.00 | 59:18 | 5:55 | 30 | 21:11 | 91 | 21:11 |