



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Alert, Lisa

Club: Jena

Number: 1330

Course: 10.00 km

Vintage VDB Lauf

Category:

Frauen (20-29 Jahre)

Total time: 1:01:07

Speed: 9.82 km/h

Running performance: 6:07 min/km

Rank in course/Total: 570 (of 637)

Rank in course/Women: 110 (of 144)

Best time in course: 38:07

Rank in category: 19(of 24)

Best time in the category: 42:00

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	12:03	6:01	19	3:36	86	4:43	2.00	12:03	6:01	12	0:13	62	4:43
Runde Langstrec	2.00	11:44	5:51	18	3:17	100	4:07	4.00	23:47	5:56	12		62	8:50
Runde Langstrec	2.00	12:12	6:05	20	3:51	112	4:26	6.00	35:59	5:59	12		62	13:16
Runde Langstrec	2.00	12:25	6:12	20	3:58	114	4:39	8.00	48:24	6:02	11		62	17:55
Leichtathletikh	2.00	12:43	6:21	22	4:25	123	5:05	10.00	1:01:07	6:06	19	19:07	110	23:00