



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Ihlefeld, Yvonne

Club: Baldur auf Tour

Number: 1528

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 56:14

Speed: 10.67 km/h

Running performance: 5:37 min/km

Rank in course/Total: 449 (of 637)

Rank in course/Women: 62 (of 144)

Best time in course: 38:07

Rank in category: 18(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 | 12:24 | 6:12 | 29 | 5:04 | 99 | 5:04 | 2.00 | 12:24 | 6:12 | 8 | 2:50 | 73 | 5:04 |
| Runde Langstrec | 2.00 | 11:10 | 5:34 | 22 | 3:33 | 71 | 3:33 | 4.00 | 23:34 | 5:53 | 8 | 4:34 | 73 | 8:37 |
| Runde Langstrec | 2.00 | 11:00 | 5:30 | 15 | 3:14 | 53 | 3:14 | 6.00 | 34:34 | 5:45 | 8 | 6:13 | 73 | 11:51 |
| Runde Langstrec | 2.00 | 10:58 | 5:29 | 15 | 3:12 | 49 | 3:12 | 8.00 | 45:32 | 5:41 | 8 | 7:47 | 35 | 15:03 |
| Leichtathletikh | 2.00 | 10:42 | 5:20 | 16 | 3:04 | 48 | 3:04 | 10.00 | 56:14 | 5:37 | 18 | 18:07 | 62 | 18:07 |