



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Jesche, Dagmar

Club: SV Sömmerda

Number: 1283

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 58:00

Speed: 10.34 km/h

Running performance: 5:48 min/km

Rank in course/Total: 500 (of 637)

Rank in course/Women: 79 (of 144)

Best time in course: 38:07

Rank in category: 10(of 25)

Best time in the category: 47:51

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	12:44	6:21	15	3:33	112	5:24	2.00	12:44	6:21	20		75	5:24
Runde Langstrec	2.00	11:43	5:51	11	2:17	99	4:06	4.00	24:27	6:06	20		64	9:30
Runde Langstrec	2.00	11:14	5:36	9	1:38	68	3:28	6.00	35:41	5:56	20		75	12:58
Runde Langstrec	2.00	11:17	5:38	9	1:28	64	3:31	8.00	46:58	5:52	18		75	16:29
Leichtathletikh	2.00	11:02	5:30	7	1:13	60	3:24	10.00	58:00	5:47	10	10:09	79	19:53