



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kogel, Jutta

Club: Erfurt

Number: 1266

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 55:23

Speed: 10.83 km/h

Running performance: 5:32 min/km

Rank in course/Total: 430 (of 637)

Rank in course/Women: 54 (of 144)

Best time in course: 38:07

Rank in category: 7(of 25)

Best time in the category: 47:51

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde Langstrec	2.00	10:57	5:28	4	1:46	44	3:37	2.00	10:57	5:28	15		22	3:37
Runde Langstrec	2.00	10:51	5:25	5	1:25	54	3:14	4.00	21:48	5:27	19		76	6:51
Runde Langstrec	2.00	11:08	5:33	8	1:32	60	3:22	6.00	32:56	5:29	19		76	10:13
Runde Langstrec	2.00	11:15	5:37	8	1:26	62	3:29	8.00	44:11	5:31	17		76	13:42
Leichtathletikh	2.00	11:12	5:35	9	1:23	72	3:34	10.00	55:23	5:32	7	7:32	54	17:16