



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Krauß, Ines

Club: Sprötau

Number: 1145

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 58:51

Speed: 10.20 km/h

Running performance: 5:53 min/km

Rank in course/Total: 527 (of 637)

Rank in course/Women: 87 (of 144)

Best time in course: 38:07

Rank in category: 28(of 45)

Best time in the category: 46:20

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	12:49	6:24	36	3:08	118	5:29	2.00	12:49	6:24	4	1:52	80	5:29
Runde Langstrec	2.00	11:31	5:45	27	2:21	84	3:54	4.00	24:20	6:04	4	2:55	80	9:23
Runde Langstrec	2.00	11:31	5:45	26	2:17	79	3:45	6.00	35:51	5:58	4	5:12	80	13:08
Runde Langstrec	2.00	11:41	5:50	29	2:27	81	3:55	8.00	47:32	5:56	6	5:33	80	17:03
Leichtathletikh	2.00	11:19	5:39	27	2:20	78	3:41	10.00	58:51	5:53	28	12:31	87	20:44