



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Ungelenk, Ellen

Club: Wandersleben

Number: 1375

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 1:00:54

Speed: 9.85 km/h

Running performance: 6:05 min/km

Rank in course/Total: 568 (of 637)

Rank in course/Women: 108 (of 144)

Best time in course: 38:07

Rank in category: 13(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	12:29	6:14	14	3:18	102	5:09	2.00	12:29	6:14	16		81	5:09
Runde Langstrec	2.00	12:14	6:06	17	2:48	119	4:37	4.00	24:43	6:10	16		81	9:46
Runde Langstrec	2.00	12:15	6:07	16	2:39	115	4:29	6.00	36:58	6:09	16		81	14:15
Runde Langstrec	2.00	12:10	6:04	14	2:21	103	4:24	8.00	49:08	6:08	14	0:08	81	18:39
Leichtathletikh	2.00	11:46	5:53	12	1:57	95	4:08	10.00	1:00:54	6:05	13	13:03	108	22:47