



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Bitz, Lena

Total time: 1:04:09

Number: 1421

Speed: 9.35 km/h

Running performance: 6:25 min/km

Course: 10.00 km

Rank in course/Total: 604 (of 637)

Vintage VDB Lauf

Rank in course/Women: 129 (of 144)

Best time in course: 38:07

Category:

Rank in category: 6(of 9)

weibliche Jugend U20 (18-19 Jahre)

Best time in the category: 46:42

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	12:31	6:15	5	3:37	104	5:11	2.00	12:31	6:15	5	3:37	88	5:11
Runde Langstrec	2.00	12:19	6:09	7	3:02	123	4:42	4.00	24:50	6:12	5	6:39	88	9:53
Runde Langstrec	2.00	13:10	6:34	9	3:41	136	5:24	6.00	38:00	6:19	5	10:20	88	15:17
Runde Langstrec	2.00	13:42	6:50	8	3:59	137	5:56	8.00	51:42	6:27	8	14:19	136	21:13
Leichtathletikh	2.00	12:27	6:13	6	3:08	119	4:49	10.00	1:04:09	6:24	6	17:27	129	26:02