



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

franke, heike

Club: sc-impuls erfurt

Number: 1342

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 58:43

Speed: 10.22 km/h

Running performance: 5:52 min/km

Rank in course/Total: 521 (of 637)

Rank in course/Women: 86 (of 144)

Best time in course: 38:07

Rank in category: 11(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	11:28	5:44	7	2:17	65	4:08	2.00	11:28	5:44	6		101	4:08
Runde Langstrec	2.00	11:31	5:45	10	2:05	84	3:54	4.00	22:59	5:44	11		101	8:02
Runde Langstrec	2.00	11:47	5:53	11	2:11	91	4:01	6.00	34:46	5:47	11		101	12:03
Runde Langstrec	2.00	11:57	5:58	12	2:08	94	4:11	8.00	46:43	5:50	10		97	16:14
Leichtathletikh	2.00	12:00	6:00	13	2:11	101	4:22	10.00	58:43	5:52	11	10:52	86	20:36