



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Knothe, Simone

Club: Hörselberg-Hainich

Number: 1448

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 51:06

Speed: 11.74 km/h

Running performance: 5:07 min/km

Rank in course/Total: 296 (of 637)

Rank in course/Women: 28 (of 144)

Best time in course: 38:07

Rank in category: 6(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	10:25	5:12	7	0:44	28	3:05	2.00	10:25	5:12	12		103	3:05
Runde Langstrec	2.00	10:05	5:02	5	0:55	28	2:28	4.00	20:30	5:07	12		103	5:33
Runde Langstrec	2.00	10:09	5:04	6	0:55	25	2:23	6.00	30:39	5:06	1	-	103	7:56
Runde Langstrec	2.00	10:15	5:07	6	1:01	26	2:29	8.00	40:54	5:06	12		99	10:25
Leichtathletikh	2.00	10:12	5:05	7	1:13	29	2:34	10.00	51:06	5:06	6	4:46	28	12:59