



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Schulz-Heinrich, Diana

Club: Elxleben a.G.

Number: 1021

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 1:03:57

Speed: 9.38 km/h

Running performance: 6:24 min/km

Rank in course/Total: 602 (of 637)

Rank in course/Women: 127 (of 144)

Best time in course: 38:07

Rank in category: 39(of 39)

Best time in the category: 38:07

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	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	31	5:11	104	5:11	2.00	12:31	6:15	12	2:57	88	5:11
Runde Langstrec	2.00	12:38	6:18	39	5:01	132	5:01	4.00	25:09	6:17	12	6:09	104	10:12
Runde Langstrec	2.00	12:54	6:27	39	5:08	130	5:08	6.00	38:03	6:20	12	9:42	104	15:20
Runde Langstrec	2.00	12:54	6:27	38	5:08	124	5:08	8.00	50:57	6:22	39	13:12	134	20:28
Leichtathletikh	2.00	13:00	6:30	39	5:22	128	5:22	10.00	1:03:57	6:23	39	25:50	127	25:50