



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Knote, Doris

Club: Sparkasse Unstrut/Hainich

Number: 1706

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W60 (60-69 Jahre)

Total time: 1:03:47

Speed: 9.41 km/h

Running performance: 6:23 min/km

Rank in course/Total: 599 (of 637)

Rank in course/Women: 125 (of 144)

Best time in course: 38:07

Rank in category: 1(of 1)

Best time in the category: 1:03:47

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total	Total	Total	Pos	Behind	Pos	Behind
								km	Time	min/km	Cat.	Cat.	Women	Women
Runde Langstrec	2.00	12:42	6:20	1	-	108	5:22	2.00	12:42	6:20	1	-	105	5:22
Runde Langstrec	2.00	12:35	6:17	1	-	130	4:58	4.00	25:17	6:19	1	-	105	10:20
Runde Langstrec	2.00	12:45	6:22	1	-	125	4:59	6.00	38:02	6:20	1	-	105	15:19
Runde Langstrec	2.00	12:48	6:24	1	-	121	5:02	8.00	50:50	6:21	1	-	133	20:21
Leichtathletikh	2.00	12:57	6:28	1	-	126	5:19	10.00	1:03:47	6:22	1	-	125	25:40