



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Weissenborn, Cora

Number: 1710

Course: 10.00 km

Vintage VDB Lauf

Category:

Frauen (20-29 Jahre)

Total time: 1:07:15

Speed: 8.92 km/h

Running performance: 6:43 min/km

Rank in course/Total: 615 (of 637)

Rank in course/Women: 137 (of 144)

Best time in course: 38:07

Rank in category: 24(of 24)

Best time in the category: 42:00

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	11:38	5:48	15	3:11	73	4:18	2.00	11:38	5:48	9		110	4:18
Runde Langstrec	2.00	12:47	6:23	23	4:20	136	5:10	4.00	24:25	6:06	9	0:27	110	9:28
Runde Langstrec	2.00	13:21	6:40	24	5:00	138	5:35	6.00	37:46	6:17	9	1:01	110	15:03
Runde Langstrec	2.00	14:45	7:22	24	6:18	141	6:59	8.00	52:31	6:33	24	2:53	137	22:02
Leichtathletikh	2.00	14:44	7:21	24	6:26	141	7:06	10.00	1:07:15	6:43	24	25:15	137	29:08