



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Pausch, Nancy

Club: Erfurt

Number: 1019

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 1:03:53

Speed: 9.39 km/h

Running performance: 6:23 min/km

Rank in course/Total: 601 (of 637)

Rank in course/Women: 126 (of 144)

Best time in course: 38:07

Rank in category: 38(of 39)

Best time in the category: 38:07

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	12:45	6:22	33	5:25	113	5:25	2.00	12:45	6:22	13	3:11	50	5:25
Runde Langstrec	2.00	12:32	6:15	37	4:55	129	4:55	4.00	25:17	6:19	13	6:17	105	10:20
Runde Langstrec	2.00	12:41	6:20	36	4:55	120	4:55	6.00	37:58	6:19	13	9:37	116	15:15
Runde Langstrec	2.00	13:10	6:34	39	5:24	127	5:24	8.00	51:08	6:23	12	13:23	107	20:39
Leichtathletikh	2.00	12:45	6:22	37	5:07	124	5:07	10.00	1:03:53	6:23	38	25:46	126	25:46