



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Dinort, Sandy

Club: TSSC Erfurt/ GDRT

Number: 1012

Course: 10.00 km

Vintage VDB Lauf

Category:

Frauen (20-29 Jahre)

Total time: 48:21

Speed: 12.41 km/h

Running performance: 4:50 min/km

Rank in course/Total: 208 (of 637)

Rank in course/Women: 15 (of 144)

Best time in course: 38:07

Rank in category: 7(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	9:05	4:32	5	0:38	8	1:45	2.00	9:05	4:32	7		122	1:45
Runde Langstrec	2.00	9:34	4:46	7	1:07	13	1:57	4.00	18:39	4:39	7		122	3:42
Runde Langstrec	2.00	9:55	4:57	9	1:34	20	2:09	6.00	28:34	4:45	7		122	5:51
Runde Langstrec	2.00	10:06	5:02	10	1:39	23	2:20	8.00	38:40	4:49	7		113	8:11
Leichtathletikh	2.00	9:41	4:50	10	1:23	17	2:03	10.00	48:21	4:50	7	6:21	15	10:14