



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Spittel, Heike

Number: 480

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 22:02

Speed: 10.89 km/h

Running performance: 5:31 min/km

Rank in course/Total: 209 (of 446)

Rank in course/Women: 50 (of 168)

Best time in course: 13:59

Rank in category: 8(of 33)

Best time in the category: 19:04

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 Kurzstrecke	2.00	11:25	5:42	8	1:58	56	4:30	2.00	11:25	5:42	30		22	4:30
Leichtathletikhalle	2.00	10:37	5:18	7	1:18	39	3:33	4.00	22:02	5:30	8	2:58	50	8:03