



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Aust, Anja

Club: AnnaKram

Number: 129

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 20:26

Speed: 11.75 km/h

Running performance: 5:07 min/km

Rank in course/Total: 142 (of 446)

Rank in course/Women: 27 (of 168)

Best time in course: 13:59

Rank in category: 3(of 34)

Best time in the category: 19:57

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	10:02	5:00	2	0:17	23	3:07	2.00	10:02	5:00	20		26	3:07
Leichtathletikhalle	2.00	10:24	5:12	5	0:35	34	3:20	4.00	20:26	5:06	3	0:29	27	6:27