



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Skoluda, Mandy

Club: Freeletics Erfurt

Number: 78

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Frauen (20-29 Jahre)

Total time: 21:38

Speed: 11.09 km/h

Running performance: 5:25 min/km

Rank in course/Total: 195 (of 446)

Rank in course/Women: 43 (of 168)

Best time in course: 13:59

Rank in category: 9(of 25)

Best time in the category: 16:16

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	10:58	5:29	9	3:00	48	4:03	2.00	10:58	5:29	19		30	4:03
Leichtathletikhalle	2.00	10:40	5:19	9	2:22	41	3:36	4.00	21:38	5:24	9	5:22	43	7:39