



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

GREGOIRE, Sibille

Club: Grenoble

Number: 115

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 22:10

Speed: 10.83 km/h

Running performance: 5:32 min/km

Rank in course/Total: 217 (of 446)

Rank in course/Women: 52 (of 168)

Best time in course: 13:59

Rank in category: 8(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	11:26	5:43	8	1:41	58	4:31	2.00	11:26	5:43	23		31	4:31
Leichtathletikhalle	2.00	10:44	5:21	7	0:55	43	3:40	4.00	22:10	5:32	8	2:13	52	8:11