



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Herrschaft, Simone

Club: Freizeit

Number: 471

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 23:03

Speed: 10.41 km/h

Running performance: 5:46 min/km

Rank in course/Total: 260 (of 446)

Rank in course/Women: 69 (of 168)

Best time in course: 13:59

Rank in category: 11(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	11:37	5:48	10	2:10	63	4:42	2.00	11:37	5:48	28		37	4:42
Leichtathletikhalle	2.00	11:26	5:43	13	2:07	76	4:22	4.00	23:03	5:45	11	3:59	69	9:04