



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Anders, Ilka

Club: BSG Commerzbank Erfurt

Number: 460

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 23:56

Speed: 10.03 km/h

Running performance: 5:59 min/km

Rank in course/Total: 314 (of 446)

Rank in course/Women: 93 (of 168)

Best time in course: 13:59

Rank in category: 17(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	11:56	5:58	15	2:29	77	5:01	2.00	11:56	5:58	27		38	5:01
Leichtathletikhalle	2.00	12:00	6:00	22	2:41	105	4:56	4.00	23:56	5:59	17	4:52	93	9:57