



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Herrnberger-Ilg, Alrun

Club: ZAP Herrnberger& Herrnberger-Ilg
Number: 374

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 22:50

Speed: 10.51 km/h

Running performance: 5:43 min/km

Rank in course/Total: 247 (of 446)

Rank in course/Women: 64 (of 168)

Best time in course: 13:59

Rank in category: 9(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	13:01	6:30	22	3:16	119	6:06	2.00	13:01	6:30	25		39	6:06
Leichtathletikhalle	2.00	9:49	4:54	1	-	20	2:45	4.00	22:50	5:42	9	2:53	64	8:51