



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Hans, Shondeen

Number: 499

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

weibliche Jugend U18 (16-17 Jahre)

Total time: 23:44

Speed: 10.11 km/h

Running performance: 5:56 min/km

Rank in course/Total: 302 (of 446)

Rank in course/Women: 87 (of 168)

Best time in course: 13:59

Rank in category: 9(of 12)

Best time in the category: 15:52

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	11:34	5:46	8	3:51	62	4:39	2.00	11:34	5:46	5	3:51	40	4:39
Leichtathletikhalle	2.00	12:10	6:04	10	4:01	110	5:06	4.00	23:44	5:56	9	7:52	87	9:45