



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Stöhr, Sandra

Club: Rudolstadt

Number: 139

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 23:20

Speed: 10.29 km/h

Running performance: 5:50 min/km

Rank in course/Total: 274 (of 446)

Rank in course/Women: 74 (of 168)

Best time in course: 13:59

Rank in category: 13(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	11:55	5:57	12	2:10	76	5:00	2.00	11:55	5:57	26		42	5:00
Leichtathletikhalle	2.00	11:25	5:42	13	1:36	73	4:21	4.00	23:20	5:49	13	3:23	74	9:21