



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

Golschewski, Silke

Club: Erfurt

Number: 109

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 23:32

Speed: 10.20 km/h

Running performance: 5:53 min/km

Rank in course/Total: 286 (of 446)

Rank in course/Women: 79 (of 168)

Best time in course: 13:59

Rank in category: 14(of 33)

Best time in the category: 19:04

## Intermediate times

## Stage score

## Total ranking

| Control             | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
|---------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
| Runde Kurzstrecke   | 2.00        | 11:53         | 5:56            | 14          | 2:26           | 74           | 4:58            | 2.00        | 11:53         | 5:56            | 26          |                | 48           | 4:58            |
| Leichtathletikhalle | 2.00        | 11:39         | 5:49            | 16          | 2:20           | 89           | 4:35            | 4.00        | 23:32         | 5:53            | 14          | 4:28           | 79           | 9:33            |