



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Aysche, Jessica

Club: FH Erfurt

Number: 393

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Frauen (20-29 Jahre)

Total time: 22:59

Speed: 10.44 km/h

Running performance: 5:45 min/km

Rank in course/Total: 254 (of 446)

Rank in course/Women: 66 (of 168)

Best time in course: 13:59

Rank in category: 12(of 25)

Best time in the category: 16:16

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	11:47	5:53	12	3:49	70	4:52	2.00	11:47	5:53	18		53	4:52
Leichtathletikhalle	2.00	11:12	5:35	14	2:54	64	4:08	4.00	22:59	5:44	12	6:43	66	9:00