



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Parade, Sabine

Club: Erfurt
Number: 265

Course: 4.00 km
Pokal der Sparkasse Mittelthüringen

Category:
Seniorinnen W40 (40-49 Jahre)

Total time: 22:16

Speed: 10.78 km/h
Running performance: 5:34 min/km

Rank in course/Total: 223 (of 446)

Rank in course/Women: 54 (of 168)

Best time in course: 13:59

Rank in category: 9(of 33)

Best time in the category: 19:04

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	11:26	5:43	9	1:59	58	4:31	2.00	11:26	5:43	23		31	4:31
Leichtathletikhalle	2.00	10:50	5:25	8	1:31	48	3:46	4.00	22:16	5:33	9	3:12	54	8:17