



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Hiese, Cara

Club: SV Creaton Großengottern

Number: 3

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

weibliche Jugend U14 (12-13 Jahre)

Total time: 20:46

Speed: 11.56 km/h

Running performance: 5:11 min/km

Rank in course/Total: 154 (of 446)

Rank in course/Women: 30 (of 168)

Best time in course: 13:59

Rank in category: 7(of 27)

Best time in the category: 18:28

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	10:30	5:15	9	1:24	34	3:35	2.00	10:30	5:15	1	-	74	3:35
Leichtathletikhalle	2.00	10:16	5:08	7	1:12	29	3:12	4.00	20:46	5:11	7	2:18	30	6:47