



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Bach, Yvonne

Club: B.L.Sharks Kickboxen

Number: 297

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 26:44

Speed: 8.98 km/h

Running performance: 6:41 min/km

Rank in course/Total: 401 (of 446)

Rank in course/Women: 139 (of 168)

Best time in course: 13:59

Rank in category: 27(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	12:47	6:23	20	3:02	106	5:52	2.00	12:47	6:23	6		60	5:52
Leichtathletikhalle	2.00	13:57	6:58	30	4:08	144	6:53	4.00	26:44	6:41	27	6:47	139	12:45