



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

**Stauß, Jana**

Club: SWE Volley-Team e.V.

Number: 60

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 26:32

Speed: 9.05 km/h

Running performance: 6:38 min/km

Rank in course/Total: 395 (of 446)

Rank in course/Women: 134 (of 168)

Best time in course: 13:59

Rank in category: 25(of 34)

Best time in the category: 19:57

## 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        | 13:13         | 6:36            | 23          | 3:28           | 129          | 6:18            | 2.00        | 13:13         | 6:36            | 7           |                | 43           | 6:18            |
| Leichtathletikhalle | 2.00        | 13:19         | 6:39            | 27          | 3:30           | 133          | 6:15            | 4.00        | 26:32         | 6:38            | 25          | 6:35           | 134          | 12:33           |