



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kanfhold, Antje

Number: 534

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 23:44

Speed: 10.11 km/h

Running performance: 5:56 min/km

Rank in course/Total: 303 (of 446)

Rank in course/Women: 87 (of 168)

Best time in course: 13:59

Rank in category: 16(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	12:20	6:10	17	2:53	89	5:25	2.00	12:20	6:10	19		83	5:25
Leichtathletikhalle	2.00	11:24	5:42	11	2:05	71	4:20	4.00	23:44	5:56	16	4:40	87	9:45