



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Golschewski, Teresa

Club: Erfurt

Number: 110

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

weibliche Jugend U18 (16-17 Jahre)

Total time: 23:32

Speed: 10.20 km/h

Running performance: 5:53 min/km

Rank in course/Total: 288 (of 446)

Rank in course/Women: 79 (of 168)

Best time in course: 13:59

Rank in category: 8(of 12)

Best time in the category: 15:52

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	11:53	5:56	9	4:10	74	4:58	2.00	11:53	5:56	7	4:10	48	4:58
Leichtathletikhalle	2.00	11:39	5:49	8	3:30	89	4:35	4.00	23:32	5:53	8	7:40	79	9:33