



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Mönch, Sabine

Club: Erfurt

Number: 168

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 22:38

Speed: 10.60 km/h

Running performance: 5:40 min/km

Rank in course/Total: 233 (of 446)

Rank in course/Women: 59 (of 168)

Best time in course: 13:59

Rank in category: 1(of 12)

Best time in the category: 22:38

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	11:12	5:35	1	-	50	4:17	2.00	11:12	5:35	5		16	4:17
Leichtathletikhalle	2.00	11:26	5:43	3	0:18	76	4:22	4.00	22:38	5:39	1	-	59	8:39