



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Rau, Katja

Club: Erfurt

Number: 255

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 21:45

Speed: 11.03 km/h

Running performance: 5:26 min/km

Rank in course/Total: 201 (of 446)

Rank in course/Women: 45 (of 168)

Best time in course: 13:59

Rank in category: 6(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	10:43	5:21	4	0:58	41	3:48	2.00	10:43	5:21	9		12	3:48
Leichtathletikhalle	2.00	11:02	5:30	10	1:13	56	3:58	4.00	21:45	5:26	6	1:48	45	7:46