



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Pokahr, Viola

Club: Sonntagsläufer Tambach Dietharz
Number: 462

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 27:14

Speed: 8.81 km/h

Running performance: 6:49 min/km

Rank in course/Total: 406 (of 446)

Rank in course/Women: 142 (of 168)

Best time in course: 13:59

Rank in category: 9(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	13:34	6:46	8	2:22	140	6:39	2.00	13:34	6:46	7		109	6:39
Leichtathletikhalle	2.00	13:40	6:49	9	2:32	139	6:36	4.00	27:14	6:48	9	4:36	142	13:15