



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Rieß, Heike

Club: Erfurt

Number: 218

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 30:13

Speed: 7.94 km/h

Running performance: 7:33 min/km

Rank in course/Total: 434 (of 446)

Rank in course/Women: 161 (of 168)

Best time in course: 13:59

Rank in category: 31(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	15:00	7:30	31	5:33	160	8:05	2.00	15:00	7:30	4	1:53	114	8:05
Leichtathletikhalle	2.00	15:13	7:36	31	5:54	157	8:09	4.00	30:13	7:33	31	11:09	161	16:14