



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Heinzel, Nadin

Club: Erfurt

Number: 380

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 23:21

Speed: 10.28 km/h

Running performance: 5:50 min/km

Rank in course/Total: 279 (of 446)

Rank in course/Women: 75 (of 168)

Best time in course: 13:59

Rank in category: 14(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	12:26	6:13	18	2:41	97	5:31	2.00	12:26	6:13	13		121	5:31
Leichtathletikhalle	2.00	10:55	5:27	9	1:06	54	3:51	4.00	23:21	5:50	14	3:24	75	9:22