



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Litz, Katharina

Club: USV Erfurt

Number: 425

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Frauen (20-29 Jahre)

Total time: 16:53

Speed: 14.22 km/h

Running performance: 4:13 min/km

Rank in course/Total: 40 (of 446)

Rank in course/Women: 5 (of 168)

Best time in course: 13:59

Rank in category: 2(of 25)

Best time in the category: 16:16

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	8:21	4:10	2	0:23	5	1:26	2.00	8:21	4:10	25		5	1:26
Leichtathletikhalle	2.00	8:32	4:15	2	0:14	7	1:28	4.00	16:53	4:13	2	0:37	5	2:54