



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Gießler, Nancy

Club: Arnstadt

Number: 344

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 26:49

Speed: 8.95 km/h

Running performance: 6:42 min/km

Rank in course/Total: 402 (of 446)

Rank in course/Women: 140 (of 168)

Best time in course: 13:59

Rank in category: 28(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	13:49	6:54	30	4:04	148	6:54	2.00	13:49	6:54	14		125	6:54
Leichtathletikhalle	2.00	13:00	6:30	26	3:11	131	5:56	4.00	26:49	6:42	28	6:52	140	12:50