



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Sinnhöfer, Eyleen

Club: Erfurt

Number: 87

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Frauen (20-29 Jahre)

Total time: 23:10

Speed: 10.36 km/h

Running performance: 5:47 min/km

Rank in course/Total: 263 (of 446)

Rank in course/Women: 70 (of 168)

Best time in course: 13:59

Rank in category: 13(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	12:25	6:12	14	4:27	95	5:30	2.00	12:25	6:12	8		50	5:30
Leichtathletikhalle	2.00	10:45	5:22	10	2:27	44	3:41	4.00	23:10	5:47	13	6:54	70	9:11