



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Wiesebach, Silke

Club: SpVgg Klettbach

Number: 271

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 29:23

Speed: 8.17 km/h

Running performance: 7:21 min/km

Rank in course/Total: 428 (of 446)

Rank in course/Women: 156 (of 168)

Best time in course: 13:59

Rank in category: 30(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	14:59	7:29	30	5:32	159	8:04	2.00	14:59	7:29	9	1:52	139	8:04
Leichtathletikhalle	2.00	14:24	7:12	30	5:05	152	7:20	4.00	29:23	7:20	30	10:19	156	15:24