



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Barz, Pauline

Club: Erfurter LAC

Number: 163

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

weibliche Jugend U18 (16-17 Jahre)

Total time: 17:21

Speed: 13.83 km/h

Running performance: 4:20 min/km

Rank in course/Total: 57 (of 446)

Rank in course/Women: 7 (of 168)

Best time in course: 13:59

Rank in category: 3(of 12)

Best time in the category: 15:52

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	8:55	4:27	2	1:12	7	2:00	2.00	8:55	4:27	10	1:12	147	2:00
Leichtathletikhalle	2.00	8:26	4:13	3	0:17	6	1:22	4.00	17:21	4:20	3	1:29	7	3:22