



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

**Donder, Tina**

Club: Erfurter LAC

Number: 201

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

weibliche Jugend U20 (18-19 Jahre)

Total time: 13:59

Speed: 17.16 km/h

Running performance: 3:30 min/km

Rank in course/Total: 8 (of 446)

Rank in course/Women: 1 (of 168)

Best time in course: 13:59

Rank in category: 1(of 5)

Best time in the category: 13:59

## Intermediate times

## Stage score

## Total ranking

| Control             | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
|---------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
| Runde Kurzstrecke   | 2.00        | 6:55          | 3:27            | 1           | -              | 1            | -               | 2.00        | 6:55          | 3:27            | 1           | -              | 1            | -               |
| Leichtathletikhalle | 2.00        | 7:04          | 3:31            | 1           | -              | 1            | -               | 4.00        | 13:59         | 3:29            | 1           | -              | 1            | -               |