



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Scheidt, Sarah

Club: Merxleben

Number: 230

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Frauen (20-29 Jahre)

Total time: 30:48

Speed: 7.79 km/h

Running performance: 7:42 min/km

Rank in course/Total: 439 (of 446)

Rank in course/Women: 164 (of 168)

Best time in course: 13:59

Rank in category: 25(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	15:10	7:34	25	7:12	165	8:15	2.00	15:10	7:34	3	2:22	152	8:15
Leichtathletikhalle	2.00	15:38	7:48	25	7:20	163	8:34	4.00	30:48	7:42	25	14:32	164	16:49