



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Ehrhardt, Sandy

Club: Sportfreunde Herbsleben

Number: 397

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 24:19

Speed: 9.87 km/h

Running performance: 6:05 min/km

Rank in course/Total: 326 (of 446)

Rank in course/Women: 100 (of 168)

Best time in course: 13:59

Rank in category: 19(of 34)

Best time in the category: 19:57

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	12:20	6:10	17	2:35	89	5:25	2.00	12:20	6:10	16		83	5:25
Leichtathletikhalle	2.00	11:59	5:59	18	2:10	102	4:55	4.00	24:19	6:04	19	4:22	100	10:20