



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Lessander, Gudrun

Number: 497

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 31:21

Speed: 7.66 km/h

Running performance: 7:50 min/km

Rank in course/Total: 442 (of 446)

Rank in course/Women: 167 (of 168)

Best time in course: 13:59

Rank in category: 33(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	15:26	7:43	33	5:59	166	8:31	2.00	15:26	7:43	12	2:19	157	8:31
Leichtathletikhalle	2.00	15:55	7:57	33	6:36	166	8:51	4.00	31:21	7:50	33	12:17	167	17:22