



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

delos Santos, Catherine

Club: Erfurt

Number: 386

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 29:40

Speed: 8.09 km/h

Running performance: 7:25 min/km

Rank in course/Total: 430 (of 446)

Rank in course/Women: 157 (of 168)

Best time in course: 13:59

Rank in category: 31(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	14:21	7:10	31	4:36	154	7:26	2.00	14:21	7:10	17		160	7:26
Leichtathletikhalle	2.00	15:19	7:39	31	5:30	159	8:15	4.00	29:40	7:25	31	9:43	157	15:41