



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kempert, Manuela

Club: Erfurt

Number: 286

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 26:20

Speed: 9.11 km/h

Running performance: 6:35 min/km

Rank in course/Total: 387 (of 446)

Rank in course/Women: 128 (of 168)

Best time in course: 13:59

Rank in category: 26(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	13:46	6:53	26	4:19	147	6:51	2.00	13:46	6:53	14	0:39	161	6:51
Leichtathletikhalle	2.00	12:34	6:16	25	3:15	118	5:30	4.00	26:20	6:34	26	7:16	128	12:21