



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Schmoll, Frauke

Club: Erfurt

Number: 114

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 28:40

Speed: 8.37 km/h

Running performance: 7:10 min/km

Rank in course/Total: 422 (of 446)

Rank in course/Women: 152 (of 168)

Best time in course: 13:59

Rank in category: 10(of 12)

Best time in the category: 22:38

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	14:19	7:09	10	3:07	153	7:24	2.00	14:19	7:09	11	0:37	164	7:24
Leichtathletikhalle	2.00	14:21	7:10	10	3:13	150	7:17	4.00	28:40	7:10	10	6:02	152	14:41