



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Herzog, Henrike

Club: LTV Erfurt

Number: 252

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

weibliche Jugend U18 (16-17 Jahre)

Total time: 15:52

Speed: 15.13 km/h

Running performance: 3:58 min/km

Rank in course/Total: 25 (of 446)

Rank in course/Women: 2 (of 168)

Best time in course: 13:59

Rank in category: 1(of 12)

Best time in the category: 15:52

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	7:43	3:51	1	-	2	0:48	2.00	7:43	3:51	1	-	3	0:48
Leichtathletikhalle	2.00	8:09	4:04	1	-	3	1:05	4.00	15:52	3:58	1	-	2	1:53