



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Güsewell, Grit

Club: Weimar

Number: 18

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 20:10

Speed: 11.90 km/h

Running performance: 5:02 min/km

Rank in course/Total: 129 (of 446)

Rank in course/Women: 22 (of 168)

Best time in course: 13:59

Rank in category: 4(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	10:21	5:10	5	0:54	29	3:26	2.00	10:21	5:10	33		15	3:26
Leichtathletikhalle	2.00	9:49	4:54	3	0:30	20	2:45	4.00	20:10	5:02	4	1:06	22	6:11