



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Schmidt, Uta

Club: Erfurt

Number: 321

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 21:36

Speed: 11.11 km/h

Running performance: 5:24 min/km

Rank in course/Total: 191 (of 446)

Rank in course/Women: 41 (of 168)

Best time in course: 13:59

Rank in category: 5(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	10:43	5:21	4	0:58	41	3:48	2.00	10:43	5:21	9		12	3:48
Leichtathletikhalle	2.00	10:53	5:26	8	1:04	50	3:49	4.00	21:36	5:24	5	1:39	41	7:37