



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Heinrich, Evelyn

Club: SV 1885 Teutschenthal e.V.

Number: 287

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 21:33

Speed: 11.14 km/h

Running performance: 5:23 min/km

Rank in course/Total: 189 (of 446)

Rank in course/Women: 39 (of 168)

Best time in course: 13:59

Rank in category: 7(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	10:39	5:19	6	1:12	37	3:44	2.00	10:39	5:19	29		25	3:44
Leichtathletikhalle	2.00	10:54	5:27	10	1:35	52	3:50	4.00	21:33	5:23	7	2:29	39	7:34