



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Beckmann, Janine

Club: Sundhausen

Number: 234

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Frauen (20-29 Jahre)

Total time: 21:18

Speed: 11.27 km/h

Running performance: 5:19 min/km

Rank in course/Total: 180 (of 446)

Rank in course/Women: 36 (of 168)

Best time in course: 13:59

Rank in category: 8(of 25)

Best time in the category: 16:16

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	10:40	5:19	8	2:42	38	3:45	2.00	10:40	5:19	20		27	3:45
Leichtathletikhalle	2.00	10:38	5:18	8	2:20	40	3:34	4.00	21:18	5:19	8	5:02	36	7:19