



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Förster, Sandra

Number: 498

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 19:57

Speed: 12.03 km/h

Running performance: 4:59 min/km

Rank in course/Total: 124 (of 446)

Rank in course/Women: 19 (of 168)

Best time in course: 13:59

Rank in category: 1(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.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde Kurzstrecke	2.00	9:45	4:52	1	-	19	2:50	2.00	9:45	4:52	21	-	28	2:50
Leichtathletikhalle	2.00	10:12	5:05	3	0:23	26	3:08	4.00	19:57	4:59	1	-	19	5:58