



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Köll, Emma

Number: 476

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

weibliche Jugend U14 (12-13 Jahre)

Total time: 28:16

Speed: 8.49 km/h

Running performance: 7:04 min/km

Rank in course/Total: 417 (of 446)

Rank in course/Women: 151 (of 168)

Best time in course: 13:59

Rank in category: 24(of 27)

Best time in the category: 18:28

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	13:01	6:30	24	3:55	119	6:06	2.00	13:01	6:30	19	2:31	39	6:06
Leichtathletikhalle	2.00	15:15	7:37	26	6:11	158	8:11	4.00	28:16	7:03	24	9:48	151	14:17