



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Gieland, Heike

Club: gesundundfit e.v.

Number: 175

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 28:11

Speed: 8.52 km/h

Running performance: 7:03 min/km

Rank in course/Total: 414 (of 446)

Rank in course/Women: 149 (of 168)

Best time in course: 13:59

Rank in category: 28(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.	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	14:01	7:00	29	4:34	151	7:06	2.00	14:01	7:00	24	0:54	56	7:06
Leichtathletikhalle	2.00	14:10	7:04	28	4:51	147	7:06	4.00	28:11	7:02	28	9:07	149	14:12