



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Röhr, Ines

Club: SV Fortuna Singen

Number: 436

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 26:35

Speed: 9.03 km/h

Running performance: 6:39 min/km

Rank in course/Total: 399 (of 446)

Rank in course/Women: 136 (of 168)

Best time in course: 13:59

Rank in category: 8(of 12)

Best time in the category: 22:38

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	13:42	6:50	9	2:30	142	6:47	2.00	13:42	6:50	1	-	61	6:47
Leichtathletikhalle	2.00	12:53	6:26	6	1:45	126	5:49	4.00	26:35	6:38	8	3:57	136	12:36