



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Adamus, Antje

Club: Erfurt
Number: 124

Course: 4.00 km
Pokal der Sparkasse Mittelthüringen

Category:
Seniorinnen W30 (30-39 Jahre)

Total time: 25:00

Speed: 9.60 km/h
Running performance: 6:15 min/km

Rank in course/Total: 337 (of 446)

Rank in course/Women: 106 (of 168)

Best time in course: 13:59

Rank in category: 20(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	12:57	6:28	21	3:12	112	6:02	2.00	12:57	6:28	2		73	6:02
Leichtathletikhalle	2.00	12:03	6:01	20	2:14	107	4:59	4.00	25:00	6:15	20	5:03	106	11:01