



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Schmidt, Diana

Club: Amt Wachsenburg

Number: 489

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 23:46

Speed: 10.10 km/h

Running performance: 5:56 min/km

Rank in course/Total: 306 (of 446)

Rank in course/Women: 89 (of 168)

Best time in course: 13:59

Rank in category: 16(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde Kurzstrecke	2.00	12:18	6:09	16	2:33	88	5:23	2.00	12:18	6:09	3		75	5:23
Leichtathletikhalle	2.00	11:28	5:44	15	1:39	78	4:24	4.00	23:46	5:56	16	3:49	89	9:47