



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Reif, Nicole

Club: Ebenheim

Number: 100

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 27:21

Speed: 8.78 km/h

Running performance: 6:50 min/km

Rank in course/Total: 409 (of 446)

Rank in course/Women: 144 (of 168)

Best time in course: 13:59

Rank in category: 29(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	13:31	6:45	26	3:46	135	6:36	2.00	13:31	6:45	5		54	6:36
Leichtathletikhalle	2.00	13:50	6:55	29	4:01	143	6:46	4.00	27:21	6:50	29	7:24	144	13:22