



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Stauß, Jana

Club: SWE Volley-Team e.V.

Number: 60

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 26:32

Speed: 9.05 km/h

Running performance: 6:38 min/km

Rank in course/Total: 395 (of 446)

Rank in course/Women: 134 (of 168)

Best time in course: 13:59

Rank in category: 25(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	13:13	6:36	23	3:28	129	6:18	2.00	13:13	6:36	7		43	6:18
Leichtathletikhalle	2.00	13:19	6:39	27	3:30	133	6:15	4.00	26:32	6:38	25	6:35	134	12:33