



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Sachse, Juliane

Club: Schallenburg

Number: 240

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 22:59

Speed: 10.44 km/h

Running performance: 5:45 min/km

Rank in course/Total: 255 (of 446)

Rank in course/Women: 66 (of 168)

Best time in course: 13:59

Rank in category: 10(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 | 11:56 | 5:58 | 13 | 2:11 | 77 | 5:01 | 2.00 | 11:56 | 5:58 | 8 | | 38 | 5:01 |
| Leichtathletikhalle | 2.00 | 11:03 | 5:31 | 11 | 1:14 | 57 | 3:59 | 4.00 | 22:59 | 5:44 | 10 | 3:02 | 66 | 9:00 |