



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kaas, Alexandra

Club: Haberstadt

Number: 372

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

weibliche Jugend U18 (16-17 Jahre)

Total time: 22:29

Speed: 10.67 km/h

Running performance: 5:37 min/km

Rank in course/Total: 228 (of 446)

Rank in course/Women: 56 (of 168)

Best time in course: 13:59

Rank in category: 7(of 12)

Best time in the category: 15:52

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	11:17	5:38	7	3:34	52	4:22	2.00	11:17	5:38	8	3:34	18	4:22
Leichtathletikhalle	2.00	11:12	5:35	7	3:03	64	4:08	4.00	22:29	5:37	7	6:37	56	8:30