



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

**Rau, Katja**

Club: Erfurt  
Number: 255

Course: 4.00 km  
Pokal der Sparkasse Mittelthüringen

Category:  
Seniorinnen W30 (30-39 Jahre)

Total time: 21:45  
Speed: 11.03 km/h  
Running performance: 5:26 min/km  
Rank in course/Total: 201 (of 446)  
Rank in course/Women: 45 (of 168)  
Best time in course: 13:59  
Rank in category: 6(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	10:43	5:21	4	0:58	41	3:48	2.00	10:43	5:21	9		12	3:48
Leichtathletikhalle	2.00	11:02	5:30	10	1:13	56	3:58	4.00	21:45	5:26	6	1:48	45	7:46