



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Bleek, Karina

Club: Erfurt

Number: 85

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 25:00

Speed: 9.60 km/h

Running performance: 6:15 min/km

Rank in course/Total: 338 (of 446)

Rank in course/Women: 106 (of 168)

Best time in course: 13:59

Rank in category: 22(of 33)

Best time in the category: 19:04

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	12:57	6:28	22	3:30	112	6:02	2.00	12:57	6:28	2		73	6:02
Leichtathletikhalle	2.00	12:03	6:01	23	2:44	107	4:59	4.00	25:00	6:15	22	5:56	106	11:01