



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Günther, Irene

Club: Erfurt
Number: 282

Course: 4.00 km
Pokal der Sparkasse Mittelthüringen

Category:
Seniorinnen W40 (40-49 Jahre)

Total time: 20:16

Speed: 11.84 km/h
Running performance: 5:04 min/km

Rank in course/Total: 136 (of 446)

Rank in course/Women: 24 (of 168)

Best time in course: 13:59

Rank in category: 5(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		Total		Total		Total ranking	
						Pos Women	Behind Women	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Runde Kurzstrecke	2.00	10:04	5:01	3	0:37	24	3:09	2.00	10:04	5:01	3		107	3:09	
Leichtathletikhalle	2.00	10:12	5:05	6	0:53	26	3:08	4.00	20:16	5:03	5	1:12	24	6:17	