



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Brinkmann, Claudia

Club: Amt Wachsenburg

Number: 186

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Frauen (20-29 Jahre)

Total time: 30:21

Speed: 7.91 km/h

Running performance: 7:35 min/km

Rank in course/Total: 435 (of 446)

Rank in course/Women: 162 (of 168)

Best time in course: 13:59

Rank in category: 24(of 25)

Best time in the category: 16:16

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde Kurzstrecke	2.00	15:01	7:30	24	7:03	161	8:06	2.00	15:01	7:30	10	2:13	116	8:06
Leichtathletikhalle	2.00	15:20	7:40	24	7:02	160	8:16	4.00	30:21	7:35	24	14:05	162	16:22