



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

**Litz, Katharina**

Club: USV Erfurt

Number: 425

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Frauen (20-29 Jahre)

Total time: 16:53

Speed: 14.22 km/h

Running performance: 4:13 min/km

Rank in course/Total: 40 (of 446)

Rank in course/Women: 5 (of 168)

Best time in course: 13:59

Rank in category: 2(of 25)

Best time in the category: 16:16

### Intermediate times

### Stage score

### Total ranking

| Control             | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score  |                 | Total ranking |               |                 |             |                |              |                 |
|---------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                     |             |               |                 |             |                | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Runde Kurzstrecke   | 2.00        | 8:21          | 4:10            | 2           | 0:23           | 5            | 1:26            | 2.00          | 8:21          | 4:10            | 25          |                | 5            | 1:26            |
| Leichtathletikhalle | 2.00        | 8:32          | 4:15            | 2           | 0:14           | 7            | 1:28            | 4.00          | 16:53         | 4:13            | 2           | 0:37           | 5            | 2:54            |