



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Brand, Dagmar

Club: Erfurt

Number: 248

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 22:39

Speed: 10.60 km/h

Running performance: 5:40 min/km

Rank in course/Total: 235 (of 446)

Rank in course/Women: 60 (of 168)

Best time in course: 13:59

Rank in category: 10(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde Kurzstrecke	2.00	11:46	5:53	12	2:19	67	4:51	2.00	11:46	5:53	6		51	4:51
Leichtathletikhalle	2.00	10:53	5:26	9	1:34	50	3:49	4.00	22:39	5:39	10	3:35	60	8:40