



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Bens, Marlene

Club: HSV Weimar Triathlon

Number: 203

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

weibliche Jugend U14 (12-13 Jahre)

Total time: 21:43

Speed: 11.05 km/h

Running performance: 5:26 min/km

Rank in course/Total: 196 (of 446)

Rank in course/Women: 44 (of 168)

Best time in course: 13:59

Rank in category: 11(of 27)

Best time in the category: 18:28

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		
								km	Time	min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde Kurzstrecke	2.00	10:24	5:12	8	1:18	30	3:29	2.00	10:24	5:12	8		131	3:29
Leichtathletikhalle	2.00	11:19	5:39	12	2:15	67	4:15	4.00	21:43	5:25	11	3:15	44	7:44