



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Ganß, Gabi

Club: Erfurt
Number: 306

Course: 4.00 km
Pokal der Sparkasse Mittelthüringen

Category:
Frauen (20-29 Jahre)

Total time: 16:16
Speed: 14.75 km/h
Running performance: 4:04 min/km
Rank in course/Total: 30 (of 446)
Rank in course/Women: 4 (of 168)
Best time in course: 13:59
Rank in category: 1(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.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde Kurzstrecke	2.00	7:58	3:59	1	-	3	1:03	2.00	7:58	3:59	24	-	6	1:03
Leichtathletikhalle	2.00	8:18	4:09	1	-	4	1:14	4.00	16:16	4:03	1	-	4	2:17