



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Donder, Tina

Club: Erfurter LAC

Number: 201

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

weibliche Jugend U20 (18-19 Jahre)

Total time: 13:59

Speed: 17.16 km/h

Running performance: 3:30 min/km

Rank in course/Total: 8 (of 446)

Rank in course/Women: 1 (of 168)

Best time in course: 13:59

Rank in category: 1 (of 5)

Best time in the category: 13:59

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Runde Kurzstrecke	2.00	6:55	3:27	1	-	1	-	2.00	6:55	3:27	1	-	1	-
Leichtathletikhalle	2.00	7:04	3:31	1	-	1	-	4.00	13:59	3:29	1	-	1	-