



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Schreyer, Annett

Club: Hochsprung mit Musik

Number: 456

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 19:04

Speed: 12.59 km/h

Running performance: 4:46 min/km

Rank in course/Total: 105 (of 446)

Rank in course/Women: 17 (of 168)

Best time in course: 13:59

Rank in category: 1(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	9:27	4:43	1	-	18	2:32	2.00	9:27	4:43	11		153	2:32
Leichtathletikhalle	2.00	9:37	4:48	2	0:18	16	2:33	4.00	19:04	4:46	1	-	17	5:05