



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Pögel, Ilka

Club: Erfurt
Number: 223

Course: 4.00 km
Pokal der Sparkasse Mittelthüringen

Category:
Seniorinnen W40 (40-49 Jahre)

Total time: 25:21

Speed: 9.47 km/h
Running performance: 6:20 min/km

Rank in course/Total: 353 (of 446)

Rank in course/Women: 114 (of 168)

Best time in course: 13:59

Rank in category: 24(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.	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	13:01	6:30	23	3:34	119	6:06	2.00	13:01	6:30	13		39	6:06
Leichtathletikhalle	2.00	12:20	6:10	24	3:01	114	5:16	4.00	25:21	6:20	24	6:17	114	11:22