



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Metz, Karin

Club: Spargelläufer Herbsleben

Number: 428

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W60 (60-69 Jahre)

Total time: 28:03

Speed: 8.56 km/h

Running performance: 7:01 min/km

Rank in course/Total: 413 (of 446)

Rank in course/Women: 148 (of 168)

Best time in course: 13:59

Rank in category: 6(of 6)

Best time in the category: 25:09

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.	Wome	Women	km	Time	min/km	Cat.	Cat.	Wome	Women
Runde Kurzstrecke	2.00	13:34	6:46	5	0:51	140	6:39	2.00	13:34	6:46	6	0:35	109	6:39
Leichtathletikhalle	2.00	14:29	7:14	6	2:19	153	7:25	4.00	28:03	7:00	6	2:54	148	14:04