



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Leithold, Grit

Club: Marieneclub Gotha

Number: 176

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 30:56

Speed: 7.76 km/h

Running performance: 7:44 min/km

Rank in course/Total: 440 (of 446)

Rank in course/Women: 165 (of 168)

Best time in course: 13:59

Rank in category: 32(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 | | Total | | Total | | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
|---------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|-------|-------|--------|----|-------|--------|-------------|----------------|--------------|-----------------|
| | | | | | | | | km | Time | min/km | km | Time | min/km | | | | |
| Runde Kurzstrecke | 2.00 | 15:08 | 7:33 | 32 | 5:41 | 164 | 8:13 | 2.00 | 15:08 | 7:33 | 15 | 2:01 | 163 | 8:13 | | | |
| Leichtathletikhalle | 2.00 | 15:48 | 7:54 | 32 | 6:29 | 165 | 8:44 | 4.00 | 30:56 | 7:44 | 32 | 11:52 | 165 | 16:57 | | | |