



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Große, Elke

Club: SG Athletico Büdelsdorf

Number: 15

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 24:29

Speed: 9.80 km/h

Running performance: 6:07 min/km

Rank in course/Total: 327 (of 446)

Rank in course/Women: 101 (of 168)

Best time in course: 13:59

Rank in category: 19(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	12:54	6:27	21	3:27	111	5:59	2.00	12:54	6:27	17		168	5:59
Leichtathletikhalle	2.00	11:35	5:47	14	2:16	84	4:31	4.00	24:29	6:07	19	5:25	101	10:30