



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Herzog, Emilie

Club: LTV Erfurt

Number: 253

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

weibliche Jugend U16 (14-15 Jahre)

Total time: 18:54

Speed: 12.70 km/h

Running performance: 4:43 min/km

Rank in course/Total: 96 (of 446)

Rank in course/Women: 15 (of 168)

Best time in course: 13:59

Rank in category: 3(of 10)

Best time in the category: 16:04

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	9:20	4:40	3	1:20	15	2:25	2.00	9:20	4:40	2	1:20	10	2:25
Leichtathletikhalle	2.00	9:34	4:46	3	1:30	14	2:30	4.00	18:54	4:43	3	2:50	15	4:55