



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Bargfeld, Claudia

Club: Kirchheim

Number: 369

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 20:02

Speed: 11.98 km/h

Running performance: 5:01 min/km

Rank in course/Total: 125 (of 446)

Rank in course/Women: 20 (of 168)

Best time in course: 13:59

Rank in category: 2(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	10:43	5:21	7	1:16	41	3:48	2.00	10:43	5:21	18		12	3:48
Leichtathletikhalle	2.00	9:19	4:39	1	-	11	2:15	4.00	20:02	5:00	2	0:58	20	6:03