



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Zeltwanger, Susanne

Club: Erfurt

Number: 361

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Frauen (20-29 Jahre)

Total time: 20:49

Speed: 11.53 km/h

Running performance: 5:12 min/km

Rank in course/Total: 156 (of 446)

Rank in course/Women: 31 (of 168)

Best time in course: 13:59

Rank in category: 6(of 25)

Best time in the category: 16:16

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	10:28	5:14	6	2:30	32	3:33	2.00	10:28	5:14	22		14	3:33
Leichtathletikhalle	2.00	10:21	5:10	5	2:03	32	3:17	4.00	20:49	5:12	6	4:33	31	6:50