



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Anders, Ilka

Club: BSG Commerzbank Erfurt

Number: 460

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 23:56

Speed: 10.03 km/h

Running performance: 5:59 min/km

Rank in course/Total: 314 (of 446)

Rank in course/Women: 93 (of 168)

Best time in course: 13:59

Rank in category: 17(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 | 11:56 | 5:58 | 15 | 2:29 | 77 | 5:01 | 2.00 | 11:56 | 5:58 | 27 | | 38 | 5:01 |
| Leichtathletikhalle | 2.00 | 12:00 | 6:00 | 22 | 2:41 | 105 | 4:56 | 4.00 | 23:56 | 5:59 | 17 | 4:52 | 93 | 9:57 |