



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Illert, Luise

Club: Erfurt

Number: 414

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 26:35

Speed: 9.03 km/h

Running performance: 6:39 min/km

Rank in course/Total: 398 (of 446)

Rank in course/Women: 136 (of 168)

Best time in course: 13:59

Rank in category: 26(of 34)

Best time in the category: 19:57

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	13:43	6:51	28	3:58	143	6:48	2.00	13:43	6:51	15		44	6:48
Leichtathletikhalle	2.00	12:52	6:26	25	3:03	125	5:48	4.00	26:35	6:38	26	6:38	136	12:36