



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Ragoschat, Ornett

Club: 1. EBV

Number: 470

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 23:02

Speed: 10.42 km/h

Running performance: 5:46 min/km

Rank in course/Total: 258 (of 446)

Rank in course/Women: 68 (of 168)

Best time in course: 13:59

Rank in category: 11(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	11:37	5:48	9	1:52	63	4:42	2.00	11:37	5:48	29		37	4:42
Leichtathletikhalle	2.00	11:25	5:42	13	1:36	73	4:21	4.00	23:02	5:45	11	3:05	68	9:03