



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Heusing, Nadine

Club: GutsMuths Rennsteiglauf Verein
Number: 119

Course: 4.00 km
Pokal der Sparkasse Mittelthüringen

Category:
Seniorinnen W30 (30-39 Jahre)

Total time: 25:16
Speed: 9.50 km/h
Running performance: 6:19 min/km
Rank in course/Total: 348 (of 446)
Rank in course/Women: 113 (of 168)
Best time in course: 13:59
Rank in category: 22(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde Kurzstrecke	2.00	12:31	6:15	19	2:46	102	5:36	2.00	12:31	6:15	31		47	5:36
Leichtathletikhalle	2.00	12:45	6:22	24	2:56	121	5:41	4.00	25:16	6:18	22	5:19	113	11:17