



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Golschewski, Silke

Club: Erfurt
Number: 109

Course: 4.00 km
Pokal der Sparkasse Mittelthüringen

Category:
Seniorinnen W40 (40-49 Jahre)

Total time: 23:32
Speed: 10.20 km/h
Running performance: 5:53 min/km
Rank in course/Total: 286 (of 446)
Rank in course/Women: 79 (of 168)
Best time in course: 13:59
Rank in category: 14(of 33)
Best time in the category: 19:04

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	11:53	5:56	14	2:26	74	4:58	2.00	11:53	5:56	26		48	4:58
Leichtathletikhalle	2.00	11:39	5:49	16	2:20	89	4:35	4.00	23:32	5:53	14	4:28	79	9:33