



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

**Eisleb, Ina**

Club: Erfurt  
Number: 331

Course: 4.00 km  
Pokal der Sparkasse Mittelthüringen

Category:  
Seniorinnen W30 (30-39 Jahre)

Total time: 23:56  
Speed: 10.03 km/h  
Running performance: 5:59 min/km  
Rank in course/Total: 315 (of 446)  
Rank in course/Women: 93 (of 168)  
Best time in course: 13:59  
Rank in category: 17(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	11:46	5:53	11	2:01	67	4:51	2.00	11:46	5:53	32		51	4:51
Leichtathletikhalle	2.00	12:10	6:04	21	2:21	110	5:06	4.00	23:56	5:59	17	3:59	93	9:57