



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kraft, Dana

Club: AOK Plus

Number: 17

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 24:33

Speed: 9.78 km/h

Running performance: 6:08 min/km

Rank in course/Total: 330 (of 446)

Rank in course/Women: 103 (of 168)

Best time in course: 13:59

Rank in category: 20(of 33)

Best time in the category: 19:04

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women
								km	Time	min/km	Pos	Behind	Pos				
Runde Kurzstrecke	2.00	12:34	6:16	19	3:07	104	5:39	2.00	12:34	6:16	22			62	5:39		
Leichtathletikhalle	2.00	11:59	5:59	21	2:40	102	4:55	4.00	24:33	6:08	20	5:29		103	10:34		