



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Herzberg, Regina

Club: Erfurt
Number: 268

Course: 4.00 km
Pokal der Sparkasse Mittelthüringen

Category:
weibliche Jugend U20 (18-19 Jahre)

Total time: 25:21

Speed: 9.47 km/h
Running performance: 6:20 min/km

Rank in course/Total: 350 (of 446)

Rank in course/Women: 114 (of 168)

Best time in course: 13:59

Rank in category: 4(of 5)

Best time in the category: 13:59

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	12:30	6:15	4	5:35	100	5:35	2.00	12:30	6:15	2	5:35	63	5:35
Leichtathletikhalle	2.00	12:51	6:25	4	5:47	122	5:47	4.00	25:21	6:20	4	11:22	114	11:22