



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Stauß, Jana

Club: SWE Volley-Team e.V.

Number: 60

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 26:32

Speed: 9.05 km/h

Running performance: 6:38 min/km

Rank in course/Total: 395 (of 446)

Rank in course/Women: 134 (of 168)

Best time in course: 13:59

Rank in category: 25(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. | Stage score | | Total ranking | | | | | | |
|---------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
| | | | | | | Pos Women | Behind Women | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
| Runde Kurzstrecke | 2.00 | 13:13 | 6:36 | 23 | 3:28 | 129 | 6:18 | 2.00 | 13:13 | 6:36 | 7 | | 43 | 6:18 |
| Leichtathletikhalle | 2.00 | 13:19 | 6:39 | 27 | 3:30 | 133 | 6:15 | 4.00 | 26:32 | 6:38 | 25 | 6:35 | 134 | 12:33 |