



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Krieg, Heike

Club: GröKri

Number: 423

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 26:08

Speed: 9.18 km/h

Running performance: 6:32 min/km

Rank in course/Total: 380 (of 446)

Rank in course/Women: 125 (of 168)

Best time in course: 13:59

Rank in category: 5(of 12)

Best time in the category: 22:38

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	13:09	6:34	6	1:57	126	6:14	2.00	13:09	6:34	3		92	6:14
Leichtathletikhalle	2.00	12:59	6:29	7	1:51	128	5:55	4.00	26:08	6:31	5	3:30	125	12:09