



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Rasche, Rosalinde

Club: Erfurt
Number: 388

Course: 4.00 km
Pokal der Sparkasse Mittelthüringen

Category:
Seniorinnen W50 (50-59 Jahre)

Total time: 26:28

Speed: 9.07 km/h
Running performance: 6:37 min/km

Rank in course/Total: 393 (of 446)

Rank in course/Women: 131 (of 168)

Best time in course: 13:59

Rank in category: 7(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	12:59	6:29	5	1:47	115	6:04	2.00	12:59	6:29	4			57	6:04
Leichtathletikhalle	2.00	13:29	6:44	8	2:21	137	6:25	4.00	26:28	6:36	7	3:50	131	12:29	