



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

**Sachse, Juliane**

Club: Schallenburg

Number: 240

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 22:59

Speed: 10.44 km/h

Running performance: 5:45 min/km

Rank in course/Total: 255 (of 446)

Rank in course/Women: 66 (of 168)

Best time in course: 13:59

Rank in category: 10(of 34)

Best time in the category: 19:57

### Intermediate times

### Stage score

### Total ranking

| Control             | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score  |                 | Total ranking |               |                 |             |                |              |                 |
|---------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                     |             |               |                 |             |                | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Runde Kurzstrecke   | 2.00        | 11:56         | 5:58            | 13          | 2:11           | 77           | 5:01            | 2.00          | 11:56         | 5:58            | 8           |                | 38           | 5:01            |
| Leichtathletikhalle | 2.00        | 11:03         | 5:31            | 11          | 1:14           | 57           | 3:59            | 4.00          | 22:59         | 5:44            | 10          | 3:02           | 66           | 9:00            |