



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Schrader, Beate

Club: Erfurt

Number: 20

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 23:33

Speed: 10.19 km/h

Running performance: 5:53 min/km

Rank in course/Total: 289 (of 446)

Rank in course/Women: 82 (of 168)

Best time in course: 13:59

Rank in category: 2(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.	Stage score		Total		Total		Total		Total ranking	
						Pos Women	Behind Women	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Runde Kurzstrecke	2.00	12:09	6:04	3	0:57	81	5:14	2.00	12:09	6:04	8		110	5:14	
Leichtathletikhalle	2.00	11:24	5:42	2	0:16	71	4:20	4.00	23:33	5:53	2	0:55	82	9:34	