



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kappitz, Nicole

Club: Erfurt
Number: 376

Course: 4.00 km
Pokal der Sparkasse Mittelthüringen

Category:
Seniorinnen W30 (30-39 Jahre)

Total time: 31:12

Speed: 7.69 km/h
Running performance: 7:48 min/km

Rank in course/Total: 441 (of 446)

Rank in course/Women: 166 (of 168)

Best time in course: 13:59

Rank in category: 34(of 34)

Best time in the category: 19:57

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	15:29	7:44	34	5:44	167	8:34	2.00	15:29	7:44	1	-	112	8:34
Leichtathletikhalle	2.00	15:43	7:51	34	5:54	164	8:39	4.00	31:12	7:47	34	11:15	166	17:13