



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Minkmar, Katja

Club: Klettbach

Number: 14

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 30:09

Speed: 7.96 km/h

Running performance: 7:32 min/km

Rank in course/Total: 433 (of 446)

Rank in course/Women: 160 (of 168)

Best time in course: 13:59

Rank in category: 32(of 34)

Best time in the category: 19:57

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Runde Kurzstrecke	2.00	14:46	7:23	32	5:01	157	7:51	2.00	14:46	7:23	11			117	7:51
Leichtathletikhalle	2.00	15:23	7:41	32	5:34	161	8:19	4.00	30:09	7:32	32	10:12		160	16:10