



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Bertram, Simone

Club: Flinke Gerataler

Number: 488

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 24:35

Speed: 9.76 km/h

Running performance: 6:09 min/km

Rank in course/Total: 332 (of 446)

Rank in course/Women: 104 (of 168)

Best time in course: 13:59

Rank in category: 21(of 33)

Best time in the category: 19:04

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	12:50	6:25	20	3:23	109	5:55	2.00	12:50	6:25	5		119	5:55	
Leichtathletikhalle	2.00	11:45	5:52	19	2:26	95	4:41	4.00	24:35	6:08	21	5:31	104	10:36	