



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Lincke, Susanne

Club: Freeletics Erfurt

Number: 378

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 30:38

Speed: 7.83 km/h

Running performance: 7:40 min/km

Rank in course/Total: 437 (of 446)

Rank in course/Women: 163 (of 168)

Best time in course: 13:59

Rank in category: 33(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	15:03	7:31	33	5:18	162	8:08	2.00	15:03	7:31	12		120	8:08
Leichtathletikhalle	2.00	15:35	7:47	33	5:46	162	8:31	4.00	30:38	7:39	33	10:41	163	16:39