



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Meister, Nicol

Club: Mtb steiger racing erfurt

Number: 496

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Frauen (20-29 Jahre)

Total time: 20:41

Speed: 11.60 km/h

Running performance: 5:10 min/km

Rank in course/Total: 152 (of 446)

Rank in course/Women: 29 (of 168)

Best time in course: 13:59

Rank in category: 5(of 25)

Best time in the category: 16:16

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	10:20	5:10	5	2:22	27	3:25	2.00	10:20	5:10	9		111	3:25
Leichtathletikhalle	2.00	10:21	5:10	5	2:03	32	3:17	4.00	20:41	5:10	5	4:25	29	6:42