



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Heyder, Franziska

Club: Erfurt
Number: 262

Course: 4.00 km
Pokal der Sparkasse Mittelthüringen

Category:
Seniorinnen W30 (30-39 Jahre)

Total time: 27:22

Speed: 8.77 km/h
Running performance: 6:50 min/km

Rank in course/Total: 410 (of 446)

Rank in course/Women: 145 (of 168)

Best time in course: 13:59

Rank in category: 30(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	13:43	6:51	28	3:58	143	6:48	2.00	13:43	6:51	15		44	6:48
Leichtathletikhalle	2.00	13:39	6:49	28	3:50	138	6:35	4.00	27:22	6:50	30	7:25	145	13:23