



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

haage, lydia

Club: erfurt

Number: 367

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Frauen (20-29 Jahre)

Total time: 29:12

Speed: 8.22 km/h

Running performance: 7:18 min/km

Rank in course/Total: 427 (of 446)

Rank in course/Women: 155 (of 168)

Best time in course: 13:59

Rank in category: 23(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	14:23	7:11	23	6:25	155	7:28	2.00	14:23	7:11	6	1:35	137	7:28
Leichtathletikhalle	2.00	14:49	7:24	23	6:31	155	7:45	4.00	29:12	7:17	23	12:56	155	15:13