



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Linke, Lisa

Club: Erfurter LAC

Number: 162

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

weibliche Jugend U18 (16-17 Jahre)

Total time: 17:20

Speed: 13.85 km/h

Running performance: 4:20 min/km

Rank in course/Total: 56 (of 446)

Rank in course/Women: 6 (of 168)

Best time in course: 13:59

Rank in category: 2(of 12)

Best time in the category: 15:52

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	8:56	4:28	3	1:13	8	2:01	2.00	8:56	4:28	9	1:13	138	2:01
Leichtathletikhalle	2.00	8:24	4:12	2	0:15	5	1:20	4.00	17:20	4:19	2	1:28	6	3:21