



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Wietschorke, Sabine

Club: die flotten Mühlhäuser

Number: 62

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 26:06

Speed: 9.20 km/h

Running performance: 6:31 min/km

Rank in course/Total: 377 (of 446)

Rank in course/Women: 124 (of 168)

Best time in course: 13:59

Rank in category: 25(of 33)

Best time in the category: 19:04

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	13:07	6:33	24	3:40	125	6:12	2.00	13:07	6:33	1	-	141	6:12
Leichtathletikhalle	2.00	12:59	6:29	26	3:40	128	5:55	4.00	26:06	6:31	25	7:02	124	12:07