



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Dembeck, Katja

Club: Bad Langensalza

Number: 9

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Frauen (20-29 Jahre)

Total time: 27:12

Speed: 8.82 km/h

Running performance: 6:48 min/km

Rank in course/Total: 405 (of 446)

Rank in course/Women: 141 (of 168)

Best time in course: 13:59

Rank in category: 21(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	12:59	6:29	17	5:01	115	6:04	2.00	12:59	6:29	4	0:11	57	6:04
Leichtathletikhalle	2.00	14:13	7:06	22	5:55	148	7:09	4.00	27:12	6:47	21	10:56	141	13:13