



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Leithold, Grit

Club: Marieneclub Gotha

Number: 176

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 30:56

Speed: 7.76 km/h

Running performance: 7:44 min/km

Rank in course/Total: 440 (of 446)

Rank in course/Women: 165 (of 168)

Best time in course: 13:59

Rank in category: 32(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.	Pos Women	Behind Women	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women
								km	Time	min/km	km	Time	min/km				
Runde Kurzstrecke	2.00	15:08	7:33	32	5:41	164	8:13	2.00	15:08	7:33	15	2:01	163	8:13			
Leichtathletikhalle	2.00	15:48	7:54	32	6:29	165	8:44	4.00	30:56	7:44	32	11:52	165	16:57			