



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Karst, Inken

Club: Erfurt
Number: 417

Course: 4.00 km
Pokal der Sparkasse Mittelthüringen

Category:
Seniorinnen W40 (40-49 Jahre)

Total time: 24:15

Speed: 9.90 km/h
Running performance: 6:04 min/km

Rank in course/Total: 324 (of 446)

Rank in course/Women: 97 (of 168)

Best time in course: 13:59

Rank in category: 18(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		Total		Total		Total ranking	
						Pos Women	Behind Women	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Runde Kurzstrecke	2.00	12:30	6:15	18	3:03	100	5:35	2.00	12:30	6:15	16		63	5:35	
Leichtathletikhalle	2.00	11:45	5:52	19	2:26	95	4:41	4.00	24:15	6:03	18	5:11	97	10:16	