



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

**Hohenstein, Laura**

Club: Erfurter LAC

Number: 385

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

weibliche Jugend U16 (14-15 Jahre)

Total time: 16:04

Speed: 14.94 km/h

Running performance: 4:01 min/km

Rank in course/Total: 28 (of 446)

Rank in course/Women: 3 (of 168)

Best time in course: 13:59

Rank in category: 1(of 10)

Best time in the category: 16:04

### 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	8:00	4:00	1	-	4	1:05	2.00	8:00	4:00	1	-	2	1:05
Leichtathletikhalle	2.00	8:04	4:01	1	-	2	1:00	4.00	16:04	4:00	1	-	3	2:05