



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Seise, Anke

Club: die flotten Mühlhäuser

Number: 61

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 20:20

Speed: 11.80 km/h

Running performance: 5:05 min/km

Rank in course/Total: 137 (of 446)

Rank in course/Women: 25 (of 168)

Best time in course: 13:59

Rank in category: 6(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	10:13	5:06	4	0:46	25	3:18	2.00	10:13	5:06	32		17	3:18
Leichtathletikhalle	2.00	10:07	5:03	5	0:48	24	3:03	4.00	20:20	5:04	6	1:16	25	6:21