



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Rudolph, Anja

Club: LSG 80 Schmückeläufer

Number: 435

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 21:58

Speed: 10.93 km/h

Running performance: 5:29 min/km

Rank in course/Total: 207 (of 446)

Rank in course/Women: 48 (of 168)

Best time in course: 13:59

Rank in category: 7(of 34)

Best time in the category: 19:57

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde Kurzstrecke	2.00	11:18	5:39	7	1:33	54	4:23	2.00	11:18	5:39	27		19	4:23
Leichtathletikhalle	2.00	10:40	5:19	6	0:51	41	3:36	4.00	21:58	5:29	7	2:01	48	7:59