



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Küster, Petra

Club: Ilmenau/Manebach

Number: 197

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 20:02

Speed: 11.98 km/h

Running performance: 5:01 min/km

Rank in course/Total: 126 (of 446)

Rank in course/Women: 20 (of 168)

Best time in course: 13:59

Rank in category: 2 (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	9:56	4:58	2	0:29	22	3:01	2.00	9:56	4:58	31		20	3:01
Leichtathletikhalle	2.00	10:06	5:02	4	0:47	23	3:02	4.00	20:02	5:00	2	0:58	20	6:03