



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

stichling, laura

Club: marine club gotha

Number: 1770

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

weibliche Jugend U20 (18-19 Jahre)

Total time: 48:07

Speed: 12.47 km/h

Running performance: 4:49 min/km

Rank in course/Total: 255 (of 686)

Rank in course/Women: 24 (of 143)

Best time in course: 35:30

Rank in category: 1(of 6)

Best time in the category: 48:07

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	2.00	10:26	5:13	1	-	42	3:30	2.00	10:26	5:13	6	-	85	3:30
Runde	2.00	9:40	4:49	1	-	30	2:33	4.00	20:06	5:01	6	-	22	6:03
Runde	2.00	9:26	4:43	1	-	19	2:16	6.00	29:32	4:55	6	-	132	8:19
Runde	2.00	9:28	4:44	1	-	21	2:15	8.00	39:00	4:52	6	-	132	10:34
Leichtathletikhalle	2.00	9:07	4:33	1	-	15	2:03	10.00	48:07	4:48	1	-	24	12:37