



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Frübing, Jasmin

Club: ZSG Waltershausen

Number: 21

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

weibliche Jugend U14 (12-13 Jahre)

Total time: 16:41

Speed: 14.39 km/h

Running performance: 4:10 min/km

Rank in course/Total: 65 (of 477)

Rank in course/Women: 8 (of 162)

Best time in course: 14:18

Rank in category: 1(of 26)

Best time in the category: 16:41

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	2.00	8:24	4:12	2	0:13	11	1:22	2.00	8:24	4:12	23		22	1:16
Leichtathletikhalle	2.00	8:17	4:08	1	-	7	1:01	4.00	16:41	4:10	1	-	9	2:23