



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kurfels, Paula

Club: SV Sömmerda

Number: 110

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher Mitternachten

Category:

weibliche Jugend U16 (14-15 Jahre)

Total time: 19:11

Speed: 12.51 km/h

Running performance: 4:48 min/km

Rank in course/Total: 140 (of 477)

Rank in course/Women: 28 (of 162)

Best time in course: 14:18

Rank in category: 8 (of 17)

Best time in the category: 15:33

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	9:39	4:49	9	2:31	31	2:37	2.00	9:39	4:49	9			17	2:31
Leichtathletikhalle	2.00	9:32	4:46	9	2:01	24	2:16	4.00	19:11	4:47	9	4:32		29	4:53