



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Seise, Anna

Club: SV 1899 Mühlhausen

Number: 54

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

weibliche Jugend U18 (16-17 Jahre)

Total time: 21:02

Speed: 11.41 km/h

Running performance: 5:16 min/km

Rank in course/Total: 213 (of 477)

Rank in course/Women: 46 (of 162)

Best time in course: 14:18

Rank in category: 5 (of 10)

Best time in the category: 15:17

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	11:09	5:34	5	3:48	64	4:07	2.00	11:09	5:34	2	2:06	37	4:01
Leichtathletikhalle	2.00	9:53	4:56	4	1:57	33	2:37	4.00	21:02	5:15	5	5:45	47	6:44