



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Lauerwald, Luisa

Club: SV Sömmerda e.V.

Number: 25

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

weibliche Jugend U18 (16-17 Jahre)

Total time: 18:56

Speed: 12.68 km/h

Running performance: 4:44 min/km

Rank in course/Total: 132 (of 477)

Rank in course/Women: 24 (of 162)

Best time in course: 14:18

Rank in category: 3(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	9:20	4:40	3	1:59	23	2:18	2.00	9:20	4:40	3	0:17	21	2:12
Leichtathletikhalle	2.00	9:36	4:47	3	1:40	27	2:20	4.00	18:56	4:44	3	3:39	25	4:38