



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Becher, Muriel

Club: Erfurt

Number: 132

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

weibliche Jugend U18 (16-17 Jahre)

Total time: 26:52

Speed: 8.93 km/h

Running performance: 6:43 min/km

Rank in course/Total: 446 (of 477)

Rank in course/Women: 140 (of 162)

Best time in course: 14:18

Rank in category: 9(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	12:53	6:26	9	5:32	130	5:51	2.00	12:53	6:26	6	3:50	75	5:45
Leichtathletikhalle	2.00	13:59	6:59	9	6:03	146	6:43	4.00	26:52	6:43	9	11:35	141	12:34