



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Albrecht, Jennifer

Club: Erfurt Nord Gymnastik

Number: 640

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Frauen (20-29 Jahre)

Total time: 26:02

Speed: 9.22 km/h

Running performance: 6:31 min/km

Rank in course/Total: 436 (of 477)

Rank in course/Women: 134 (of 162)

Best time in course: 14:18

Rank in category: 27(of 31)

Best time in the category: 14:18

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 | 13:09 | 6:34 | 27 | 6:07 | 136 | 6:07 | 2.00 | 13:09 | 6:34 | 14 | 0:43 | 69 | 6:01 |
| Leichtathletikhalle | 2.00 | 12:53 | 6:26 | 24 | 5:37 | 130 | 5:37 | 4.00 | 26:02 | 6:30 | 27 | 11:44 | 135 | 11:44 |