



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kübeck, Carina

Club: Halle

Number: 557

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Frauen (20-29 Jahre)

Total time: 25:45

Speed: 9.32 km/h

Running performance: 6:26 min/km

Rank in course/Total: 432 (of 477)

Rank in course/Women: 131 (of 162)

Best time in course: 14:18

Rank in category: 25 (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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	13:12	6:35	29	6:10	138	6:10	2.00	13:12	6:35	13	0:46	67	6:04
Leichtathletikhalle	2.00	12:33	6:16	23	5:17	124	5:17	4.00	25:45	6:26	25	11:27	132	11:27