



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Panse, Anna Lena

Club: USV Erfurt

Number: 241

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

weibliche Jugend U16 (14-15 Jahre)

Total time: 23:49

Speed: 10.08 km/h

Running performance: 5:57 min/km

Rank in course/Total: 369 (of 477)

Rank in course/Women: 103 (of 162)

Best time in course: 14:18

Rank in category: 13(of 17)

Best time in the category: 15:33

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	11:38	5:48	14	4:30	83	4:36	2.00	11:38	5:48	6	0:43	89	4:30
Leichtathletikhalle	2.00	12:11	6:05	14	4:40	118	4:55	4.00	23:49	5:57	14	9:10	104	9:31