



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Beringer, Franziska

Club: Erfurt

Number: 80

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Frauen (20-29 Jahre)

Total time: 28:05

Speed: 8.55 km/h

Running performance: 7:01 min/km

Rank in course/Total: 460 (of 477)

Rank in course/Women: 150 (of 162)

Best time in course: 14:18

Rank in category: 30(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	14:12	7:05	30	7:10	157	7:10	2.00	14:12	7:05	9	1:46	120	7:04
Leichtathletikhalle	2.00	13:53	6:56	29	6:37	145	6:37	4.00	28:05	7:01	30	13:47	151	13:47