



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Dietzel, Vanessa

Club: Jena

Number: 195

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Frauen (20-29 Jahre)

Total time: 24:00

Speed: 10.00 km/h

Running performance: 6:00 min/km

Rank in course/Total: 377 (of 477)

Rank in course/Women: 109 (of 162)

Best time in course: 14:18

Rank in category: 21(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	12:31	6:15	24	5:29	120	5:29	2.00	12:31	6:15	7	0:05	133	5:23
Leichtathletikhah	2.00	11:29	5:44	18	4:13	96	4:13	4.00	24:00	6:00	21	9:42	110	9:42