



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Stern, Friederike

Club: RV Elxleben

Number: 201

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

weibliche Jugend U14 (12-13 Jahre)

Total time: 18:31

Speed: 12.96 km/h

Running performance: 4:38 min/km

Rank in course/Total: 119 (of 477)

Rank in course/Women: 18 (of 162)

Best time in course: 14:18

Rank in category: 6(of 26)

Best time in the category: 16:41

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	8:53	4:26	5	0:42	16	1:51	2.00	8:53	4:26	8		134	1:45
Leichtathletikhalle	2.00	9:38	4:48	8	1:21	28	2:22	4.00	18:31	4:37	6	1:50	19	4:13