



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Lenk, Luise

Club: SV Sömmerda

Number: 120

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

weibliche Jugend U14 (12-13 Jahre)

Total time: 22:52

Speed: 10.50 km/h

Running performance: 5:43 min/km

Rank in course/Total: 320 (of 477)

Rank in course/Women: 80 (of 162)

Best time in course: 14:18

Rank in category: 17(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	11:51	5:55	18	3:40	95	4:49	2.00	11:51	5:55	7		137	4:43
Leichtathletikh	2.00	11:01	5:30	14	2:44	70	3:45	4.00	22:52	5:43	17	6:11	81	8:34