



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Jahn, Wiebke

Club: SSV Erfurt Nord e. V.

Number: 19

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

weibliche Jugend U14 (12-13 Jahre)

Total time: 18:07

Speed: 13.25 km/h

Running performance: 4:32 min/km

Rank in course/Total: 107 (of 477)

Rank in course/Women: 15 (of 162)

Best time in course: 14:18

Rank in category: 4 (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	8:43	4:21	3	0:32	13	1:41	2.00	8:43	4:21	5		140	1:35
Leichtathletikhalle	2.00	9:24	4:42	5	1:07	20	2:08	4.00	18:07	4:31	4	1:26	16	3:49