



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Debertshäuser, Ulrike

Club: Sv-Sömmerda

Number: 16

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

weibliche Jugend U14 (12-13 Jahre)

Total time: 21:19

Speed: 11.26 km/h

Running performance: 5:20 min/km

Rank in course/Total: 230 (of 477)

Rank in course/Women: 48 (of 162)

Best time in course: 14:18

Rank in category: 11(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	10:44	5:21	12	2:33	48	3:42	2.00	10:44	5:21	3		152	3:36
Leichtathletikhalle	2.00	10:35	5:17	12	2:18	50	3:19	4.00	21:19	5:19	11	4:38	49	7:01