



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Herzog, Emelie

Club: LTV Erfurt

Number: 150

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

weibliche Jugend U14 (12-13 Jahre)

Total time: 17:37

Speed: 13.62 km/h

Running performance: 4:24 min/km

Rank in course/Total: 93 (of 477)

Rank in course/Women: 12 (of 162)

Best time in course: 14:18

Rank in category: 3 (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	8:48	4:24	4	0:37	15	1:46	2.00	8:48	4:24	26		9	1:40
Leichtathletikhalle	2.00	8:49	4:24	3	0:32	14	1:33	4.00	17:37	4:24	3	0:56	13	3:19