



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Liebold, Joleen

Club: SV Sömmerda

Number: 42

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

weibliche Jugend U16 (14-15 Jahre)

Total time: 16:38

Speed: 14.43 km/h

Running performance: 4:10 min/km

Rank in course/Total: 62 (of 477)

Rank in course/Women: 7 (of 162)

Best time in course: 14:18

Rank in category: 4(of 17)

Best time in the category: 15:33

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	8:14	4:06	4	1:06	8	1:12	2.00	8:14	4:06	12		12	1:06
Leichtathletikhalle	2.00	8:24	4:12	5	0:53	9	1:08	4.00	16:38	4:09	5	1:59	8	2:20