



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Rosahl, Sophie

Club: Laufladen Erfurt

Number: 1158

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

weibliche Jugend U20 (18-19 Jahre)

Total time: 56:42

Speed: 10.58 km/h

Running performance: 5:40 min/km

Rank in course/Total: 559 (of 686)

Rank in course/Women: 87 (of 143)

Best time in course: 35:30

Rank in category: 4(of 6)

Best time in the category: 48:07

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	11:50	5:55	3	1:24	93	4:54	2.00	11:50	5:55	2		54	4:54
Runde	2.00	11:33	5:46	4	1:53	105	4:26	4.00	23:23	5:50	2	0:25	54	9:20
Runde	2.00	11:18	5:39	4	1:52	92	4:08	6.00	34:41	5:46	2	0:57	54	13:28
Runde	2.00	11:15	5:37	4	1:47	81	4:02	8.00	45:56	5:44	2	1:34	54	17:30
Leichtathletikhalle	2.00	10:46	5:23	4	1:39	70	3:42	10.00	56:42	5:40	4	8:35	87	21:12