



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Küster, Luca Alina

Club: LC Jena

Number: 57

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Frauen (20-29 Jahre)

Total time: 18:40

Speed: 12.86 km/h

Running performance: 4:40 min/km

Rank in course/Total: 122 (of 477)

Rank in course/Women: 20 (of 162)

Best time in course: 14:18

Rank in category: 4 (of 31)

Best time in the category: 14:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	9:08	4:33	4	2:06	18	2:06	2.00	9:08	4:33	28		18	2:00
Leichtathletikhalle	2.00	9:32	4:46	6	2:16	24	2:16	4.00	18:40	4:40	4	4:22	21	4:22