



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Berlit, Isabella Marie

Club: Erfurt

Number: 99

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

weibliche Jugend U14 (12-13 Jahre)

Total time: 18:53

Speed: 12.71 km/h

Running performance: 4:43 min/km

Rank in course/Total: 130 (of 477)

Rank in course/Women: 23 (of 162)

Best time in course: 14:18

Rank in category: 8 (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.	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	9:20	4:40	8	1:09	23	2:18	2.00	9:20	4:40	20		21	2:12
Leichtathletikhalle	2.00	9:33	4:46	7	1:16	26	2:17	4.00	18:53	4:43	8	2:12	24	4:35