



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**stichling, laura**

Club: marine club gotha

Number: 1770

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

weibliche Jugend U20 (18-19 Jahre)

Total time: 48:07

Speed: 12.47 km/h

Running performance: 4:49 min/km

Rank in course/Total: 255 (of 686)

Rank in course/Women: 24 (of 143)

Best time in course: 35:30

Rank in category: 1(of 6)

Best time in the category: 48:07

### 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     | 10:26      | 5:13         | 1        | -           | 42          | 3:30         | 2.00          | 10:26      | 5:13         | 6        | -           | 85        | 3:30         |
| Runde               | 2.00     | 9:40       | 4:49         | 1        | -           | 30          | 2:33         | 4.00          | 20:06      | 5:01         | 6        | -           | 22        | 6:03         |
| Runde               | 2.00     | 9:26       | 4:43         | 1        | -           | 19          | 2:16         | 6.00          | 29:32      | 4:55         | 6        | -           | 132       | 8:19         |
| Runde               | 2.00     | 9:28       | 4:44         | 1        | -           | 21          | 2:15         | 8.00          | 39:00      | 4:52         | 6        | -           | 132       | 10:34        |
| Leichtathletikhalle | 2.00     | 9:07       | 4:33         | 1        | -           | 15          | 2:03         | 10.00         | 48:07      | 4:48         | 1        | -           | 24        | 12:37        |