



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Guzowski, Lina

Club: ESC Erfurt e.V.

Number: 226

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

weibliche Jugend U14 (12-13 Jahre)

Total time: 21:29

Speed: 11.17 km/h

Running performance: 5:22 min/km

Rank in course/Total: 237 (of 477)

Rank in course/Women: 51 (of 162)

Best time in course: 14:18

Rank in category: 12(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	10:57	5:28	15	2:46	57	3:55	2.00	10:57	5:28	22		24	3:49
Leichtathletikhalle	2.00	10:32	5:15	10	2:15	47	3:16	4.00	21:29	5:22	12	4:48	52	7:11