



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Güsewell, Sophie

Club: Weimar

Number: 236

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

weibliche Jugend U16 (14-15 Jahre)

Total time: 22:57

Speed: 10.46 km/h

Running performance: 5:44 min/km

Rank in course/Total: 324 (of 477)

Rank in course/Women: 83 (of 162)

Best time in course: 14:18

Rank in category: 12 (of 17)

Best time in the category: 15:33

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	11:01	5:30	13	3:53	59	3:59	2.00	11:01	5:30	8	0:06	45	3:53
Leichtathletikhalle	2.00	11:56	5:58	13	4:25	109	4:40	4.00	22:57	5:44	13	8:18	84	8:39