



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Krieg, Franziska

Club: Erfurt
Number: 532

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:
Frauen (20-29 Jahre)

Total time: 22:57

Speed: 10.46 km/h
Running performance: 5:44 min/km

Rank in course/Total: 325 (of 477)

Rank in course/Women: 83 (of 162)

Best time in course: 14:18

Rank in category: 17(of 31)

Best time in the category: 14:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	11:42	5:50	16	4:40	87	4:40	2.00	11:42	5:50	22		53	4:34
Leichtathletikhalle	2.00	11:15	5:37	16	3:59	82	3:59	4.00	22:57	5:44	17	8:39	84	8:39