



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hans, Shondeen

Club: Erfurt
Number: 517

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

weibliche Jugend U14 (12-13 Jahre)

Total time: 22:21

Speed: 10.74 km/h

Running performance: 5:35 min/km

Rank in course/Total: 295 (of 477)

Rank in course/Women: 69 (of 162)

Best time in course: 14:18

Rank in category: 16(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	10:54	5:27	13	2:43	53	3:52	2.00	10:54	5:27	19			56	3:46
Leichtathletikhalle	2.00	11:27	5:43	20	3:10	94	4:11	4.00	22:21	5:35	16	5:40		70	8:03