



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Recknagel, Jessica

Club: Sportblitz Gumpelstadt

Number: 615

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

weibliche Jugend U20 (18-19 Jahre)

Total time: 23:04

Speed: 10.40 km/h

Running performance: 5:46 min/km

Rank in course/Total: 333 (of 477)

Rank in course/Women: 88 (of 162)

Best time in course: 14:18

Rank in category: 3(of 3)

Best time in the category: 17:05

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	10:45	5:22	3	2:25	49	3:43	2.00	10:45	5:22	2	1:14	28	3:37
Leichtathletikhalle	2.00	12:19	6:09	3	3:34	119	5:03	4.00	23:04	5:46	3	5:59	89	8:46