



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Krannich, Sarah

Club: Geflügelzuchtverein 1894 e.V.Steinheid

Number: 694

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Frauen (20-29 Jahre)

Total time: 25:54

Speed: 9.27 km/h

Running performance: 6:29 min/km

Rank in course/Total: 434 (of 477)

Rank in course/Women: 133 (of 162)

Best time in course: 14:18

Rank in category: 26(of 31)

Best time in the category: 14:18

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 | 12:45 | 6:22 | 25 | 5:43 | 126 | 5:43 | 2.00 | 12:45 | 6:22 | 16 | 0:19 | 78 | 5:37 |
| Leichtathletikhalle | 2.00 | 13:09 | 6:34 | 26 | 5:53 | 135 | 5:53 | 4.00 | 25:54 | 6:28 | 26 | 11:36 | 134 | 11:36 |