



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 Mittelhungenlocher

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	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	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