



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Fleischhauer, Jana

Club: Erfurt

Number: 7

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Frauen (20-29 Jahre)

Total time: 25:08

Speed: 9.55 km/h

Running performance: 6:17 min/km

Rank in course/Total: 411 (of 477)

Rank in course/Women: 122 (of 162)

Best time in course: 14:18

Rank in category: 22(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	13:02	6:30	26	6:00	132	6:00	2.00	13:02	6:30	15	0:36	79	5:54
Leichtathletikhalle	2.00	12:06	6:02	22	4:50	116	4:50	4.00	25:08	6:16	22	10:50	123	10:50