



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Albrecht, Jennifer**

Club: Erfurt Nord Gymnastik

Number: 640

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Frauen (20-29 Jahre)

Total time: 26:02

Speed: 9.22 km/h

Running performance: 6:31 min/km

Rank in course/Total: 436 (of 477)

Rank in course/Women: 134 (of 162)

Best time in course: 14:18

Rank in category: 27(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	13:09	6:34	27	6:07	136	6:07	2.00	13:09	6:34	14	0:43	69	6:01
Leichtathletikhalle	2.00	12:53	6:26	24	5:37	130	5:37	4.00	26:02	6:30	27	11:44	135	11:44