



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Hiese, Cara**

Club: Salza-Läufer

Number: 17

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

weibliche Jugend U14 (12-13 Jahre)

Total time: 24:38

Speed: 9.74 km/h

Running performance: 6:10 min/km

Rank in course/Total: 400 (of 477)

Rank in course/Women: 115 (of 162)

Best time in course: 14:18

Rank in category: 21 (of 26)

Best time in the category: 16:41

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	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	13:12	6:35	21	5:01	138	6:10	2.00	13:12	6:35	15	1:01	67	6:04
Leichtathletikhalle	2.00	11:26	5:43	19	3:09	93	4:10	4.00	24:38	6:09	21	7:57	116	10:20