



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schreiber, Sophie

Club: Erfurter LAC

Number: 313

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

weibliche Jugend U16 (14-15 Jahre)

Total time: 21:45

Speed: 11.03 km/h

Running performance: 5:26 min/km

Rank in course/Total: 259 (of 477)

Rank in course/Women: 58 (of 162)

Best time in course: 14:18

Rank in category: 11(of 17)

Best time in the category: 15:33

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	10:40	5:19	11	3:32	46	3:38	2.00	10:40	5:19	5			115	3:32
Leichtathletikhalle	2.00	11:05	5:32	12	3:34	76	3:49	4.00	21:45	5:26	12	7:06		59	7:27