



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Heidenreich, Lena

Club: Erfurt
Number: 513

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:
weibliche Jugend U16 (14-15 Jahre)

Total time: 28:45

Speed: 8.35 km/h
Running performance: 7:11 min/km

Rank in course/Total: 469 (of 477)

Rank in course/Women: 155 (of 162)

Best time in course: 14:18

Rank in category: 16(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	12:51	6:25	16	5:43	128	5:49	2.00	12:51	6:25	3	1:56	121	5:43
Leichtathletikhalle	2.00	15:54	7:57	17	8:23	159	8:38	4.00	28:45	7:11	17	14:06	156	14:27