



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Zebunke, Friederike

Club: ESC Erfurt

Number: 213

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

weibliche Jugend U14 (12-13 Jahre)

Total time: 28:50

Speed: 8.32 km/h

Running performance: 7:13 min/km

Rank in course/Total: 470 (of 477)

Rank in course/Women: 156 (of 162)

Best time in course: 14:18

Rank in category: 25 (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.	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	13:54	6:57	26	5:43	152	6:52	2.00	13:54	6:57	11	1:43	123	6:46
Leichtathletikhalle	2.00	14:56	7:28	24	6:39	155	7:40	4.00	28:50	7:12	25	12:09	157	14:32