



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hohenstein, Laura

Club: Gymnasium Gebesee

Number: 211

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

weibliche Jugend U16 (14-15 Jahre)

Total time: 16:30

Speed: 14.55 km/h

Running performance: 4:07 min/km

Rank in course/Total: 53 (of 477)

Rank in course/Women: 6 (of 162)

Best time in course: 14:18

Rank in category: 3(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	8:15	4:07	5	1:07	9	1:13	2.00	8:15	4:07	17			4	1:07
Leichtathletikhalle	2.00	8:15	4:07	3	0:44	6	0:59	4.00	16:30	4:07	4	1:51	7	2:12	