



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Rauch, Julia

Club: Erfurt
Number: 508

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen
Mittelhungen

Category:
weibliche Jugend U18 (16-17 Jahre)

Total time: 23:11

Speed: 10.35 km/h
Running performance: 5:48 min/km

Rank in course/Total: 345 (of 477)

Rank in course/Women: 92 (of 162)

Best time in course: 14:18

Rank in category: 6 (of 10)

Best time in the category: 15:17

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	11:35	5:47	6	4:14	81	4:33	2.00	11:35	5:47	8	2:32	132	4:27
Leichtathletikhalle	2.00	11:36	5:47	7	3:40	102	4:20	4.00	23:11	5:47	6	7:54	93	8:53