



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Vanderheyden, Luise

Club: SV Sömmerda

Number: 146

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

weibliche Jugend U20 (18-19 Jahre)

Total time: 17:05

Speed: 14.05 km/h

Running performance: 4:16 min/km

Rank in course/Total: 75 (of 477)

Rank in course/Women: 10 (of 162)

Best time in course: 14:18

Rank in category: 1 (of 3)

Best time in the category: 17:05

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	8:20	4:10	1	-	10	1:18	2.00	8:20	4:10	3	-	146	1:12
Leichtathletikhalle	2.00	8:45	4:22	1	-	13	1:29	4.00	17:05	4:16	1	-	11	2:47