



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Beblo, Lara

Club: Erfurt
Number: 341

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

weibliche Jugend U16 (14-15 Jahre)

Total time: 25:22

Speed: 9.46 km/h

Running performance: 6:20 min/km

Rank in course/Total: 418 (of 477)

Rank in course/Women: 125 (of 162)

Best time in course: 14:18

Rank in category: 14(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	12:33	6:16	15	5:25	122	5:31	2.00	12:33	6:16	2	1:38	97	5:25
Leichtathletikhalle	2.00	12:49	6:24	15	5:18	129	5:33	4.00	25:22	6:20	15	10:43	126	11:04