



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Frischknecht, Laura**

Club: Sömmerda

Number: 597

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

weibliche Jugend U18 (16-17 Jahre)

Total time: 30:22

Speed: 7.90 km/h

Running performance: 7:35 min/km

Rank in course/Total: 475 (of 477)

Rank in course/Women: 161 (of 162)

Best time in course: 14:18

Rank in category: 10(of 10)

Best time in the category: 15:17

### 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	14:05	7:02	10	6:44	154	7:03	2.00	14:05	7:02	9	5:02	68	6:57
Leichtathletikhalle	2.00	16:17	8:08	10	8:21	162	9:01	4.00	30:22	7:35	10	15:05	162	16:04