



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Leese, Jessica

Club: Erfurter LAC

Number: 696

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

weibliche Jugend U16 (14-15 Jahre)

Total time: 17:47

Speed: 13.50 km/h

Running performance: 4:27 min/km

Rank in course/Total: 98 (of 477)

Rank in course/Women: 14 (of 162)

Best time in course: 14:18

Rank in category: 6 (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	9:16	4:38	7	2:08	19	2:14	2.00	9:16	4:38	16			6	2:08
Leichtathletikhalle	2.00	8:31	4:15	6	1:00	10	1:15	4.00	17:47	4:26	7	3:08		15	3:29