



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Herzog, Henrike

Club: LTV Erfurt

Number: 153

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher Mitterhungen

Category:

weibliche Jugend U18 (16-17 Jahre)

Total time: 15:17

Speed: 15.70 km/h

Running performance: 3:49 min/km

Rank in course/Total: 30 (of 477)

Rank in course/Women: 3 (of 162)

Best time in course: 14:18

Rank in category: 1(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	7:21	3:40	1	-	4	0:19	2.00	7:21	3:40	10	-	158	0:13
Leichtathletikhalle	2.00	7:56	3:58	1	-	4	0:40	4.00	15:17	3:49	1	-	4	0:59