



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Mey, Seline

Club: SV Sömmerda

Number: 109

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

weibliche Jugend U16 (14-15 Jahre)

Total time: 17:42

Speed: 13.56 km/h

Running performance: 4:25 min/km

Rank in course/Total: 95 (of 477)

Rank in course/Women: 13 (of 162)

Best time in course: 14:18

Rank in category: 5 (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	8:30	4:15	6	1:22	12	1:28	2.00	8:30	4:15	15			8	1:22
Leichtathletikhalle	2.00	9:12	4:35	7	1:41	17	1:56	4.00	17:42	4:25	6	3:03		14	3:24