



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Rott, Theresa

Club: LSV Lok Arnstadt

Number: 284

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

weibliche Jugend U16 (14-15 Jahre)

Total time: 18:38

Speed: 12.88 km/h

Running performance: 4:40 min/km

Rank in course/Total: 121 (of 477)

Rank in course/Women: 19 (of 162)

Best time in course: 14:18

Rank in category: 7(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	9:17	4:38	8	2:09	20	2:15	2.00	9:17	4:38	14		10	2:09
Leichtathletikhalle	2.00	9:21	4:40	8	1:50	19	2:05	4.00	18:38	4:39	8	3:59	20	4:20