



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Lange, Saskia**

Club: LG Vogtland / LAV Reichenbach

Number: 243

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

weibliche Jugend U16 (14-15 Jahre)

Total time: 16:06

Speed: 14.91 km/h

Running performance: 4:02 min/km

Rank in course/Total: 43 (of 477)

Rank in course/Women: 5 (of 162)

Best time in course: 14:18

Rank in category: 2 (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	7:44	3:52	3	0:36	6	0:42	2.00	7:44	3:52	13		11	0:36
Leichtathletikhalle	2.00	8:22	4:11	4	0:51	8	1:06	4.00	16:06	4:01	3	1:27	6	1:48