



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Wolfram, Lisa-Marie

Club: RV Elxleben

Number: 203

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

weibliche Jugend U14 (12-13 Jahre)

Total time: 18:26

Speed: 13.02 km/h

Running performance: 4:37 min/km

Rank in course/Total: 116 (of 477)

Rank in course/Women: 17 (of 162)

Best time in course: 14:18

Rank in category: 5 (of 26)

Best time in the category: 16:41

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	6	1:06	20	2:15	2.00	9:17	4:38	25		10	2:09
Leichtathletikhalle	2.00	9:09	4:34	4	0:52	15	1:53	4.00	18:26	4:36	5	1:45	18	4:08