



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Stern, Friederike

Club: RV-Elxleben

Number: 94

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

weibliche Jugend U14 (12-13 Jahre)

Total time: 18:42

Speed: 12.83 km/h

Running performance: 4:41 min/km

Rank in course/Total: 91 (of 446)

Rank in course/Women: 12 (of 168)

Best time in course: 13:59

Rank in category: 2(of 27)

Best time in the category: 18:28

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde Kurzstrecke	2.00	9:16	4:38	3	0:10	14	2:21	2.00	9:16	4:38	6		134	2:21
Leichtathletikhalle	2.00	9:26	4:43	2	0:22	12	2:22	4.00	18:42	4:40	2	0:14	12	4:43