



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Frießleben, Laure

Club: Jena

Number: 214

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

weibliche Jugend U14 (12-13 Jahre)

Total time: 20:54

Speed: 11.48 km/h

Running performance: 5:13 min/km

Rank in course/Total: 160 (of 446)

Rank in course/Women: 32 (of 168)

Best time in course: 13:59

Rank in category: 8(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	11:17	5:38	14	2:11	52	4:22	2.00	11:17	5:38	25	0:47	18	4:22
Leichtathletikhalle	2.00	9:37	4:48	3	0:33	16	2:33	4.00	20:54	5:13	8	2:26	32	6:55