



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Heinze, Juliane

Club: AC Apolda

Number: 1376

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Frauen (20-29 Jahre)

Total time: 39:59

Speed: 15.01 km/h

Running performance: 4:00 min/km

Rank in course/Total: 42 (of 618)

Rank in course/Women: 4 (of 118)

Best time in course: 36:13

Rank in category: 3(of 18)

Best time in the category: 36:13

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	7:54	3:57	3	0:54	5	0:54	2.00	7:54	3:57	16	0:21	110	0:07
Runde	2.00	8:01	4:00	3	0:43	4	0:43	4.00	15:55	3:58	2		117	
Runde	2.00	8:00	4:00	3	0:39	4	0:39	6.00	23:55	3:59	2		117	
Runde	2.00	8:04	4:01	3	0:45	4	0:45	8.00	31:59	3:59	2		116	
Leichtathletikhalle	2.00	8:00	4:00	4	0:45	6	0:45	10.00	39:59	3:59	3	3:46	4	3:46