



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Laars, Jo-Anna

Club: LG Ohra Energie Gotha
Number: 256

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen
Mittelhungen

Category:

weibliche Jugend U16 (14-15 Jahre)

Total time: 19:34

Speed: 12.27 km/h

Running performance: 4:53 min/km

Rank in course/Total: 127 (of 389)

Rank in course/Women: 26 (of 140)

Best time in course: 14:03

Rank in category: 3 (of 6)

Best time in the category: 15:46

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	9:16	4:38	3	1:45	19	2:17	2.00	9:16	4:38	3	1:45	22		
Leichtathletikhalle	2.00	10:18	5:09	3	2:03	38	3:14	4.00	19:34	4:53	3	3:48	26	5:31	