



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Boer, Jana

Club: Erfurt Nord Gymnastik

Number: 99

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 21:00

Speed: 11.43 km/h

Running performance: 5:15 min/km

Rank in course/Total: 185 (of 389)

Rank in course/Women: 40 (of 140)

Best time in course: 14:03

Rank in category: 7 (of 39)

Best time in the category: 15:39

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	10:50	5:25	10	3:09	45	3:51	2.00	10:50	5:25	23			28	
Leichtathletikhalle	2.00	10:10	5:04	8	2:12	35	3:06	4.00	21:00	5:15	7	5:21	40	6:57	