



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Giske, Katrin

Club: PSV

Number: 84

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 21:24

Speed: 11.21 km/h

Running performance: 5:21 min/km

Rank in course/Total: 196 (of 389)

Rank in course/Women: 46 (of 140)

Best time in course: 14:03

Rank in category: 11(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	10:32	5:15	7	2:51	41	3:33	2.00	10:32	5:15	25			31	
Leichtathletikhalle	2.00	10:52	5:26	12	2:54	49	3:48	4.00	21:24	5:20	11	5:45	46	7:21	