



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Killat, Nicole

Club: University of

Number: 357

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Frauen (20-29 Jahre)

Total time: 21:27

Speed: 11.19 km/h

Running performance: 5:22 min/km

Rank in course/Total: 203 (of 389)

Rank in course/Women: 47 (of 140)

Best time in course: 14:03

Rank in category: 11(of 25)

Best time in the category: 14:03

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	10:59	5:29	11	4:00	47	4:00	2.00	10:59	5:29	20			36	
Leichtathletikhalle	2.00	10:28	5:14	11	3:24	41	3:24	4.00	21:27	5:21	11	7:24	47	7:24	