



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Timmer, Katharina

Club: Bochum

Number: 339

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

Frauen (20-29 Jahre)

Total time: 16:29

Speed: 14.56 km/h

Running performance: 4:07 min/km

Rank in course/Total: 45 (of 389)

Rank in course/Women: 9 (of 140)

Best time in course: 14:03

Rank in category: 4 (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	8:30	4:15	5	1:31	13	1:31	2.00	8:30	4:15	18			44	
Leichtathletikhalle	2.00	7:59	3:59	3	0:55	6	0:55	4.00	16:29	4:07	4	2:26	9	2:26	