



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Heinze, Monika

Club: Blankenhain

Number: 396

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 23:06

Speed: 10.39 km/h

Running performance: 5:47 min/km

Rank in course/Total: 257 (of 389)

Rank in course/Women: 60 (of 140)

Best time in course: 14:03

Rank in category: 5 (of 8)

Best time in the category: 19:10

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	11:42	5:50	5	1:43	64	4:43	2.00	11:42	5:50	3	1:43	48	0:15
Leichtathletikhalle	2.00	11:24	5:42	5	2:13	60	4:20	4.00	23:06	5:46	5	3:56	60	9:03