



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Lösel, Barbara

Club: Erfurt
Number: 320

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W70 (70 und älter Jahre)

Total time: 28:35

Speed: 8.40 km/h

Running performance: 7:09 min/km

Rank in course/Total: 372 (of 389)

Rank in course/Women: 125 (of 140)

Best time in course: 14:03

Rank in category: 1 (of 1)

Best time in the category: 28:35

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	14:04	7:01	1	-	124	7:05	2.00	14:04	7:01	1	-	50	2:37
Leichtathletikhalle	2.00	14:31	7:15	1	-	125	7:27	4.00	28:35	7:08	1	-	125	14:32