



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Gießler, Nancy

Club: Arnstadt

Number: 207

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 23:21

Speed: 10.28 km/h

Running performance: 5:50 min/km

Rank in course/Total: 266 (of 389)

Rank in course/Women: 62 (of 140)

Best time in course: 14:03

Rank in category: 6 (of 20)

Best time in the category: 14:23

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	11:46	5:53	8	4:47	66	4:47	2.00	11:46	5:53	10	0:15	67	0:19
Leichtathletikhalle	2.00	11:35	5:47	6	4:11	68	4:31	4.00	23:21	5:50	6	8:58	62	9:18