



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Heinze, Juliane

Club: AC Apolda

Number: 395

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Frauen (20-29 Jahre)

Total time: 15:02

Speed: 15.96 km/h

Running performance: 3:46 min/km

Rank in course/Total: 22 (of 389)

Rank in course/Women: 4 (of 140)

Best time in course: 14:03

Rank in category: 2 (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	7:07	3:33	2	0:08	3	0:08	2.00	7:07	3:33	25			5	
Leichtathletikhah	2.00	7:55	3:57	2	0:51	4	0:51	4.00	15:02	3:45	2	0:59		4	0:59