



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Heyder, Johanna

Club: Erfurt

Number: 78

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Frauen (20-29 Jahre)

Total time: 25:06

Speed: 9.56 km/h

Running performance: 6:17 min/km

Rank in course/Total: 328 (of 389)

Rank in course/Women: 93 (of 140)

Best time in course: 14:03

Rank in category: 19 (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	13:02	6:30	21	6:03	108	6:03	2.00	13:02	6:30	12	1:23	76	1:35
Leichtathletikhalle	2.00	12:04	6:01	18	5:00	83	5:00	4.00	25:06	6:16	19	11:03	93	11:03