



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Nobis, Silke

Club: Maintal

Number: 300

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternachten

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 24:54

Speed: 9.64 km/h

Running performance: 6:13 min/km

Rank in course/Total: 322 (of 389)

Rank in course/Women: 90 (of 140)

Best time in course: 14:03

Rank in category: 26(of 39)

Best time in the category: 15:39

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	12:44	6:21	27	5:03	93	5:45	2.00	12:44	6:21	35	0:25	79	1:17
Leichtathletikhalle	2.00	12:10	6:04	23	4:12	86	5:06	4.00	24:54	6:13	26	9:15	90	10:51