



# 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

## Detailed evaluation

**Hiese, Cara**

Club: SLG Bad Langensalza

Number: 120

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

weibliche Jugend U14 (12-13 Jahre)

Total time: 25:57

Speed: 9.25 km/h

Running performance: 6:29 min/km

Rank in course/Total: 344 (of 389)

Rank in course/Women: 105 (of 140)

Best time in course: 14:03

Rank in category: 25(of 33)

Best time in the category: 16:37

### 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	13:24	6:42	27	5:08	115	6:25	2.00	13:24	6:42	11	3:01	83	1:57
Leichtathletikhalle	2.00	12:33	6:16	21	4:12	93	5:29	4.00	25:57	6:29	25	9:20	105	11:54