



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kirchner, Jana

Club: SWE Volley-Team

Number: 198

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 26:40

Speed: 9.00 km/h

Running performance: 6:40 min/km

Rank in course/Total: 355 (of 389)

Rank in course/Women: 112 (of 140)

Best time in course: 14:03

Rank in category: 14(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	13:23	6:41	16	6:24	114	6:24	2.00	13:23	6:41	9	1:52	95	1:56
Leichtathletikhah	2.00	13:17	6:38	14	5:53	109	6:13	4.00	26:40	6:40	14	12:17	112	12:37