



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Küster, Luca Alina

Club: LSV Ilmenau

Number: 44

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

weibliche Jugend U20 (18-19 Jahre)

Total time: 19:24

Speed: 12.37 km/h

Running performance: 4:51 min/km

Rank in course/Total: 117 (of 389)

Rank in course/Women: 24 (of 140)

Best time in course: 14:03

Rank in category: 1 (of 2)

Best time in the category: 19:24

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	9:24	4:42	1	-	22	2:25	2.00	9:24	4:42	2	-	99	
Leichtathletikhalle	2.00	10:00	5:00	1	-	31	2:56	4.00	19:24	4:50	1	-	24	5:21