



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

kindleb, anita

Club: BEHRINGEN

Number: 283

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Seniorinnen W60 (60-69 Jahre)

Total time: 24:17

Speed: 9.88 km/h

Running performance: 6:04 min/km

Rank in course/Total: 297 (of 389)

Rank in course/Women: 78 (of 140)

Best time in course: 14:03

Rank in category: 1(of 2)

Best time in the category: 24:17

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	12:39	6:19	1	-	89	5:40	2.00	12:39	6:19	2		103	1:12
Leichtathletikhalle	2.00	11:38	5:48	1	-	70	4:34	4.00	24:17	6:04	1	-	78	10:14