



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Gauß, Christine

Club: Göttingen

Number: 225

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 24:46

Speed: 9.69 km/h

Running performance: 6:11 min/km

Rank in course/Total: 318 (of 389)

Rank in course/Women: 88 (of 140)

Best time in course: 14:03

Rank in category: 11(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.	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	12:44	6:21	12	5:45	93	5:45	2.00	12:44	6:21	6	1:13	79	1:17
Leichtathletikhalle	2.00	12:02	6:00	10	4:38	82	4:58	4.00	24:46	6:11	11	10:23	88	10:43