



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Lauerwald, Luisa

Club: Griefstedt

Number: 53

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

weibliche Jugend U16 (14-15 Jahre)

Total time: 20:59

Speed: 11.44 km/h

Running performance: 5:15 min/km

Rank in course/Total: 184 (of 389)

Rank in course/Women: 38 (of 140)

Best time in course: 14:03

Rank in category: 5 (of 6)

Best time in the category: 15:46

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	10:27	5:13	5	2:56	39	3:28	2.00	10:27	5:13	6	2:56	40		
Leichtathletikhalle	2.00	10:32	5:15	4	2:17	43	3:28	4.00	20:59	5:14	5	5:13	38	6:56	