



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Winkler, Martina

Club: Erfurt

Number: 82

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 19:51

Speed: 12.09 km/h

Running performance: 4:58 min/km

Rank in course/Total: 137 (of 389)

Rank in course/Women: 29 (of 140)

Best time in course: 14:03

Rank in category: 4 (of 39)

Best time in the category: 15:39

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	10:04	5:01	4	2:23	32	3:05	2.00	10:04	5:01	6			26	
Leichtathletikhalle	2.00	9:47	4:53	3	1:49	24	2:43	4.00	19:51	4:57	4	4:12	29	5:48	