



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Walther, Melanie

Club: Erfurt
Number: 242

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen
Mittelhungen

Category:
Frauen (20-29 Jahre)

Total time: 29:16

Speed: 8.20 km/h
Running performance: 7:19 min/km

Rank in course/Total: 377 (of 389)

Rank in course/Women: 129 (of 140)

Best time in course: 14:03

Rank in category: 24(of 25)

Best time in the category: 14:03

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	14:17	7:08	25	7:18	129	7:18	2.00	14:17	7:08	6	2:38	115	2:50
Leichtathletikhalle	2.00	14:59	7:29	24	7:55	129	7:55	4.00	29:16	7:18	24	15:13	129	15:13