



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schneider, Susan

Club: Sparkasse Mittelthüringen

Number: 155

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 24:50

Speed: 9.66 km/h

Running performance: 6:13 min/km

Rank in course/Total: 319 (of 389)

Rank in course/Women: 89 (of 140)

Best time in course: 14:03

Rank in category: 25 (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	12:51	6:25	28	5:10	95	5:52	2.00	12:51	6:25	8	0:32	107	1:24
Leichtathletikhalle	2.00	11:59	5:59	21	4:01	80	4:55	4.00	24:50	6:12	25	9:11	89	10:47