



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Hörseljou, Silvia

Club: Erfurt
Number: 114

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhüringen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 25:25

Speed: 9.44 km/h

Running performance: 6:21 min/km

Rank in course/Total: 336 (of 389)

Rank in course/Women: 99 (of 140)

Best time in course: 14:03

Rank in category: 28(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	12:17	6:08	23	4:36	80	5:18	2.00	12:17	6:08	9		121	0:50
Leichtathletikhalle	2.00	13:08	6:33	30	5:10	107	6:04	4.00	25:25	6:21	28	9:46	99	11:22