



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Tschirschky, Katja

Club: LTV Erfurt

Number: 206

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 19:57

Speed: 12.03 km/h

Running performance: 4:59 min/km

Rank in course/Total: 143 (of 389)

Rank in course/Women: 31 (of 140)

Best time in course: 14:03

Rank in category: 5 (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	10:06	5:02	6	2:25	34	3:07	2.00	10:06	5:02	10			124	
Leichtathletikhalle	2.00	9:51	4:55	4	1:53	26	2:47	4.00	19:57	4:59	5	4:18	31	5:54	