



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Stangner, Carolin

Club: Erfurt

Number: 89

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Frauen (20-29 Jahre)

Total time: 29:45

Speed: 8.07 km/h

Running performance: 7:26 min/km

Rank in course/Total: 378 (of 389)

Rank in course/Women: 130 (of 140)

Best time in course: 14:03

Rank in category: 25 (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	13:59	6:59	24	7:00	121	7:00	2.00	13:59	6:59	3	2:20	126	2:32
Leichtathletikhalle	2.00	15:46	7:53	25	8:42	133	8:42	4.00	29:45	7:26	25	15:42	130	15:42