



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Seehof, Manuela

Club: Thamsbrück

Number: 26

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhüringen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 28:32

Speed: 8.41 km/h

Running performance: 7:08 min/km

Rank in course/Total: 370 (of 389)

Rank in course/Women: 123 (of 140)

Best time in course: 14:03

Rank in category: 16(of 20)

Best time in the category: 14:23

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	13:47	6:53	17	6:48	118	6:48	2.00	13:47	6:53	3	2:16	128	2:20
Leichtathletikhalle	2.00	14:45	7:22	18	7:21	126	7:41	4.00	28:32	7:08	16	14:09	123	14:29