



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Pawlicki, Anke

Club: Erfurt
Number: 255

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 22:41

Speed: 10.58 km/h

Running performance: 5:40 min/km

Rank in course/Total: 245 (of 389)

Rank in course/Women: 54 (of 140)

Best time in course: 14:03

Rank in category: 13(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	11:03	5:31	11	3:22	48	4:04	2.00	11:03	5:31	14			130	
Leichtathletikhalle	2.00	11:38	5:48	17	3:40	70	4:34	4.00	22:41	5:40	13	7:02	54	8:38	