



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schreiber, Sophie

Club: ELAC

Number: 186

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

weibliche Jugend U14 (12-13 Jahre)

Total time: 19:13

Speed: 12.49 km/h

Running performance: 4:48 min/km

Rank in course/Total: 106 (of 389)

Rank in course/Women: 23 (of 140)

Best time in course: 14:03

Rank in category: 7 (of 33)

Best time in the category: 16:37

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	9:40	4:49	7	1:24	24	2:41	2.00	9:40	4:49	2			132	
Leichtathletikhalle	2.00	9:33	4:46	6	1:12	21	2:29	4.00	19:13	4:48	7	2:36	23	5:10	