



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Perec, Simone

Club: ANNA KRAM: Laufend helfen

Number: 235

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 22:12

Speed: 10.81 km/h

Running performance: 5:33 min/km

Rank in course/Total: 230 (of 389)

Rank in course/Women: 52 (of 140)

Best time in course: 14:03

Rank in category: 12 (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	11:28	5:44	15	3:47	59	4:29	2.00	11:28	5:44	17			136	0:01
Leichtathletikhalle	2.00	10:44	5:21	11	2:46	48	3:40	4.00	22:12	5:32	12	6:33		52	8:09