



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Lindner, Kathrin

Club: SV Ictershausen

Number: 399

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 23:36

Speed: 10.17 km/h

Running performance: 5:54 min/km

Rank in course/Total: 273 (of 389)

Rank in course/Women: 65 (of 140)

Best time in course: 14:03

Rank in category: 18(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	11:21	5:40	13	3:40	54	4:22	2.00	11:21	5:40	19			138	
Leichtathletikhah	2.00	12:15	6:07	25	4:17	90	5:11	4.00	23:36	5:54	18	7:57	65	9:33	