



# 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

## Detailed evaluation

Hohenstein, Laura

Club: ELAC

Number: 188

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

weibliche Jugend U14 (12-13 Jahre)

Total time: 16:37

Speed: 14.44 km/h

Running performance: 4:09 min/km

Rank in course/Total: 50 (of 389)

Rank in course/Women: 10 (of 140)

Best time in course: 14:03

Rank in category: 1 (of 33)

Best time in the category: 16:37

### Intermediate times

### Stage score

### Total ranking

| Control             | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score  |                 | Total ranking |               |                 |             |                |              |                 |  |
|---------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|--|
|                     |             |               |                 |             |                | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |  |
| Runde               | 2.00        | 8:16          | 4:08            | 1           | -              | 9            | 1:17            | 2.00          | 8:16          | 4:08            | 17          | -              | 9            |                 |  |
| Leichtathletikhalle | 2.00        | 8:21          | 4:10            | 1           | -              | 10           | 1:17            | 4.00          | 16:37         | 4:09            | 1           | -              | 10           | 2:34            |  |