



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Herzog, Emilie

Club: LTV Erfurt

Number: 97

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

weibliche Jugend U14 (12-13 Jahre)

Total time: 16:45

Speed: 14.33 km/h

Running performance: 4:11 min/km

Rank in course/Total: 53 (of 389)

Rank in course/Women: 11 (of 140)

Best time in course: 14:03

Rank in category: 2 (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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	8:19	4:09	2	0:03	10	1:20	2.00	8:19	4:09	32		10	
Leichtathletikhalle	2.00	8:26	4:13	2	0:05	11	1:22	4.00	16:45	4:11	2	0:08	11	2:42