



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Glorius, Katharina

Club: Erfurt
Number: 190

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:
Frauen (20-29 Jahre)

Total time: 18:58

Speed: 12.65 km/h
Running performance: 4:44 min/km

Rank in course/Total: 95 (of 389)

Rank in course/Women: 19 (of 140)

Best time in course: 14:03

Rank in category: 6 (of 25)

Best time in the category: 14:03

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	9:18	4:39	6	2:19	20	2:19	2.00	9:18	4:39	22			20	
Leichtathletikhalle	2.00	9:40	4:49	6	2:36	23	2:36	4.00	18:58	4:44	6	4:55	19	4:55	