



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Glaser, Carolin

Club: AC Apolda

Number: 334

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Frauen (20-29 Jahre)

Total time: 14:03

Speed: 17.08 km/h

Running performance: 3:31 min/km

Rank in course/Total: 10 (of 389)

Rank in course/Women: 1 (of 140)

Best time in course: 14:03

Rank in category: 1 (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	6:59	3:29	1	-	1	-	2.00	6:59	3:29	14	-	2	-
Leichtathletikhalle	2.00	7:04	3:31	1	-	1	-	4.00	14:03	3:30	1	-	1	-