



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Aweh, Jenifer

Club: Wasserthaleben

Number: 371

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Frauen (20-29 Jahre)

Total time: 19:55

Speed: 12.05 km/h

Running performance: 4:59 min/km

Rank in course/Total: 140 (of 389)

Rank in course/Women: 30 (of 140)

Best time in course: 14:03

Rank in category: 8(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	10:02	5:00	8	3:03	31	3:03	2.00	10:02	5:00	21			25	
Leichtathletikhalle	2.00	9:53	4:56	8	2:49	27	2:49	4.00	19:55	4:58	8	5:52		30	5:52