



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Brand, Dagmar

Club: Erfurt
Number: 211

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 21:09

Speed: 11.35 km/h

Running performance: 5:17 min/km

Rank in course/Total: 187 (of 389)

Rank in course/Women: 42 (of 140)

Best time in course: 14:03

Rank in category: 9 (of 39)

Best time in the category: 15:39

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	10:37	5:18	9	2:56	44	3:38	2.00	10:37	5:18	26			32	
Leichtathletikhalle	2.00	10:32	5:15	10	2:34	43	3:28	4.00	21:09	5:17	9	5:30	42	7:06	