



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kaufhold, Antje

Club: Erfurt
Number: 258

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 21:21

Speed: 11.24 km/h

Running performance: 5:20 min/km

Rank in course/Total: 193 (of 389)

Rank in course/Women: 44 (of 140)

Best time in course: 14:03

Rank in category: 10(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	11:17	5:38	12	3:36	53	4:18	2.00	11:17	5:38	27			33	
Leichtathletikhalle	2.00	10:04	5:01	7	2:06	32	3:00	4.00	21:21	5:20	10	5:42	44	7:18	