



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Polixa, Jördis

Club: SV Sömmerda e.V.

Number: 16

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

weibliche Jugend U16 (14-15 Jahre)

Total time: 20:47

Speed: 11.55 km/h

Running performance: 5:12 min/km

Rank in course/Total: 179 (of 389)

Rank in course/Women: 36 (of 140)

Best time in course: 14:03

Rank in category: 4 (of 6)

Best time in the category: 15:46

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	9:39	4:49	4	2:08	23	2:40	2.00	9:39	4:49	4	2:08	35		
Leichtathletikhalle	2.00	11:08	5:33	5	2:53	53	4:04	4.00	20:47	5:11	4	5:01	36	6:44	