



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Fritzlar, Paula-Margarete

Club: Mühlhausen

Number: 58

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

weibliche Jugend U16 (14-15 Jahre)

Total time: 30:22

Speed: 7.90 km/h

Running performance: 7:35 min/km

Rank in course/Total: 380 (of 389)

Rank in course/Women: 132 (of 140)

Best time in course: 14:03

Rank in category: 6 (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	15:08	7:33	6	7:37	132	8:09	2.00	15:08	7:33	5	7:37	38	3:41
Leichtathletikhalle	2.00	15:14	7:36	6	6:59	131	8:10	4.00	30:22	7:35	6	14:36	132	16:19