



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Geßner, Helene

Club: LTV Erfurt

Number: 392

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

weibliche Jugend U14 (12-13 Jahre)

Total time: 20:01

Speed: 11.99 km/h

Running performance: 5:00 min/km

Rank in course/Total: 146 (of 389)

Rank in course/Women: 32 (of 140)

Best time in course: 14:03

Rank in category: 9 (of 33)

Best time in the category: 16:37

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	9:49	4:54	9	1:33	29	2:50	2.00	9:49	4:54	22			47	
Leichtathletikhalle	2.00	10:12	5:05	9	1:51	36	3:08	4.00	20:01	5:00	9	3:24	32	5:58	