



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Jaeger, Claudia

Club: Aristan

Number: 359

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 26:40

Speed: 9.00 km/h

Running performance: 6:40 min/km

Rank in course/Total: 353 (of 389)

Rank in course/Women: 112 (of 140)

Best time in course: 14:03

Rank in category: 14 (of 20)

Best time in the category: 14:23

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	13:09	6:34	15	6:10	110	6:10	2.00	13:09	6:34	15	1:38	49	1:42
Leichtathletikhalle	2.00	13:31	6:45	15	6:07	114	6:27	4.00	26:40	6:40	14	12:17	112	12:37