



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Eschrich, Jana

Club: Erfurt
Number: 329

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 23:53

Speed: 10.05 km/h

Running performance: 5:58 min/km

Rank in course/Total: 282 (of 389)

Rank in course/Women: 70 (of 140)

Best time in course: 14:03

Rank in category: 10(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 | 12:03 | 6:01 | 9 | 5:04 | 72 | 5:04 | 2.00 | 12:03 | 6:01 | 12 | 0:32 | 53 | 0:36 |
| Leichtathletikhalle | 2.00 | 11:50 | 5:55 | 9 | 4:26 | 76 | 4:46 | 4.00 | 23:53 | 5:58 | 10 | 9:30 | 70 | 9:50 |