



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