



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Linke, Kathrin

Club: Erfurt
Number: 393

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 23:10

Speed: 10.36 km/h

Running performance: 5:47 min/km

Rank in course/Total: 263 (of 389)

Rank in course/Women: 61 (of 140)

Best time in course: 14:03

Rank in category: 15 (of 39)

Best time in the category: 15:39

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
|---------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
| | | | | | | | | | | | | | | |
| Runde | 2.00 | 11:23 | 5:41 | 14 | 3:42 | 55 | 4:24 | 2.00 | 11:23 | 5:41 | 20 | | | 54 |
| Leichtathletikhalle | 2.00 | 11:47 | 5:53 | 18 | 3:49 | 73 | 4:43 | 4.00 | 23:10 | 5:47 | 15 | 7:31 | 61 | 9:07 |