



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Anschütz-Thoms, Daniela

Club: ESC Erfurt

Number: 326

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhüringen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 23:52

Speed: 10.06 km/h

Running performance: 5:58 min/km

Rank in course/Total: 281 (of 389)

Rank in course/Women: 68 (of 140)

Best time in course: 14:03

Rank in category: 8 (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	11:49	5:54	7	4:25	74	4:45	4.00	23:52	5:58	8	9:29	68	9:49