



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Gluschak, Aileen

Club: Erfurt
Number: 203

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:
Frauen (20-29 Jahre)

Total time: 21:51

Speed: 10.98 km/h
Running performance: 5:28 min/km

Rank in course/Total: 222 (of 389)

Rank in course/Women: 51 (of 140)

Best time in course: 14:03

Rank in category: 12(of 25)

Best time in the category: 14:03

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	10:50	5:25	10	3:51	45	3:51	2.00	10:50	5:25	16			28
Leichtathletikhalle	2.00	11:01	5:30	12	3:57	50	3:57	4.00	21:51	5:27	12	7:48	51	7:48