



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schulz-Heinrich, Diana

Club: Elxleben

Number: 122

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 23:41

Speed: 10.13 km/h

Running performance: 5:55 min/km

Rank in course/Total: 277 (of 389)

Rank in course/Women: 66 (of 140)

Best time in course: 14:03

Rank in category: 7 (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	11:31	5:45	7	4:32	60	4:32	2.00	11:31	5:45	1	-	65	0:04
Leichtathletikhalle	2.00	12:10	6:04	11	4:46	86	5:06	4.00	23:41	5:55	7	9:18	66	9:38