



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Haak, Laura

Club: Speedskating Arnstadt
Number: 269

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen
Mittelhungen

Category:

weibliche Jugend U14 (12-13 Jahre)

Total time: 23:56

Speed: 10.03 km/h

Running performance: 5:59 min/km

Rank in course/Total: 287 (of 389)

Rank in course/Women: 72 (of 140)

Best time in course: 14:03

Rank in category: 15(of 33)

Best time in the category: 16:37

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	12:53	6:26	23	4:37	97	5:54	2.00	12:53	6:26	13	2:30	75	1:26
Leichtathletikhah	2.00	11:03	5:31	12	2:42	51	3:59	4.00	23:56	5:59	15	7:19	72	9:53