



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Gauß, Gabi

Club: Runners Point Kiel

Number: 10

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Frauen (20-29 Jahre)

Total time: 15:25

Speed: 15.57 km/h

Running performance: 3:51 min/km

Rank in course/Total: 25 (of 389)

Rank in course/Women: 5 (of 140)

Best time in course: 14:03

Rank in category: 3(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.	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	7:25	3:42	3	0:26	5	0:26	2.00	7:25	3:42	24			6	
Leichtathletikhalle	2.00	8:00	4:00	4	0:56	7	0:56	4.00	15:25	3:51	3	1:22		5	1:22