



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Sahl, Birgit

Club: Arnstadt

Number: 36

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 25:04

Speed: 9.57 km/h

Running performance: 6:16 min/km

Rank in course/Total: 327 (of 389)

Rank in course/Women: 92 (of 140)

Best time in course: 14:03

Rank in category: 27(of 39)

Best time in the category: 15:39

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	12:43	6:21	26	5:02	91	5:44	2.00	12:43	6:21	11	0:24	88	1:16
Leichtathletikhalle	2.00	12:21	6:10	26	4:23	91	5:17	4.00	25:04	6:15	27	9:25	92	11:01