



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Terlau, Jelka

Club: Erfurt
Number: 174

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:
Frauen (20-29 Jahre)

Total time: 25:13

Speed: 9.52 km/h
Running performance: 6:18 min/km

Rank in course/Total: 330 (of 389)

Rank in course/Women: 95 (of 140)

Best time in course: 14:03

Rank in category: 20(of 25)

Best time in the category: 14:03

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	12:37	6:18	17	5:38	88	5:38	2.00	12:37	6:18	9	0:58	89	1:10
Leichtathletikhalle	2.00	12:36	6:17	20	5:32	96	5:32	4.00	25:13	6:18	20	11:10	95	11:10