



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Krieg, Heike

Club: Erfurt Nord Gymnastik

Number: 98

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 26:13

Speed: 9.15 km/h

Running performance: 6:33 min/km

Rank in course/Total: 349 (of 389)

Rank in course/Women: 108 (of 140)

Best time in course: 14:03

Rank in category: 6 (of 8)

Best time in the category: 19:10

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	12:55	6:27	6	2:56	102	5:56	2.00	12:55	6:27	6	2:56	86	1:28
Leichtathletikhalle	2.00	13:18	6:39	6	4:07	110	6:14	4.00	26:13	6:33	6	7:03	108	12:10