



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Wietschorke, Sabine

Club: SV 1899 Mühlhausen

Number: 106

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 26:18

Speed: 9.13 km/h

Running performance: 6:35 min/km

Rank in course/Total: 350 (of 389)

Rank in course/Women: 110 (of 140)

Best time in course: 14:03

Rank in category: 31(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	13:25	6:42	31	5:44	116	6:26	2.00	13:25	6:42	2	1:06	97	1:58
Leichtathletikhalle	2.00	12:53	6:26	29	4:55	102	5:49	4.00	26:18	6:34	31	10:39	110	12:15