



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Paufler, Manuela

Club: Quasti

Number: 123

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhüringen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 28:10

Speed: 8.52 km/h

Running performance: 7:02 min/km

Rank in course/Total: 365 (of 389)

Rank in course/Women: 118 (of 140)

Best time in course: 14:03

Rank in category: 33(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	13:48	6:54	32	6:07	119	6:49	2.00	13:48	6:54	3	1:29	101	2:21
Leichtathletikhalle	2.00	14:22	7:11	35	6:24	123	7:18	4.00	28:10	7:02	33	12:31	118	14:07