



# 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

## Detailed evaluation

**Gauß, Christine**

Club: Göttingen

Number: 225

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 24:46

Speed: 9.69 km/h

Running performance: 6:11 min/km

Rank in course/Total: 318 (of 389)

Rank in course/Women: 88 (of 140)

Best time in course: 14:03

Rank in category: 11(of 20)

Best time in the category: 14:23

### Intermediate times

### Stage score

### Total ranking

| Control             | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score  |                 | Total ranking |               |                 |             |                |              |                 |
|---------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                     |             |               |                 |             |                | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Runde               | 2.00        | 12:44         | 6:21            | 12          | 5:45           | 93           | 5:45            | 2.00          | 12:44         | 6:21            | 6           | 1:13           | 79           | 1:17            |
| Leichtathletikhalle | 2.00        | 12:02         | 6:00            | 10          | 4:38           | 82           | 4:58            | 4.00          | 24:46         | 6:11            | 11          | 10:23          | 88           | 10:43           |