



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Grüber, Manuela

Club: Erfurt
Number: 298

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 28:36

Speed: 8.39 km/h

Running performance: 7:09 min/km

Rank in course/Total: 373 (of 389)

Rank in course/Women: 126 (of 140)

Best time in course: 14:03

Rank in category: 18(of 20)

Best time in the category: 14:23

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	14:22	7:11	18	7:23	130	7:23	2.00	14:22	7:11	4	2:51	112	2:55
Leichtathletikhalle	2.00	14:14	7:06	17	6:50	121	7:10	4.00	28:36	7:09	18	14:13	126	14:33