



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schermesser, Tatjana

Club: Erfurt
Number: 107

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 23:00

Speed: 10.43 km/h

Running performance: 5:45 min/km

Rank in course/Total: 255 (of 389)

Rank in course/Women: 59 (of 140)

Best time in course: 14:03

Rank in category: 4 (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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	11:39	5:49	4	1:40	62	4:40	2.00	11:39	5:49	8	1:40	72	0:12
Leichtathletikhalle	2.00	11:21	5:40	4	2:10	59	4:17	4.00	23:00	5:45	4	3:50	59	8:57