



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Ernst, Selina

Club: Erfurt

Number: 32

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

weibliche Jugend U14 (12-13 Jahre)

Total time: 28:12

Speed: 8.51 km/h

Running performance: 7:03 min/km

Rank in course/Total: 367 (of 389)

Rank in course/Women: 120 (of 140)

Best time in course: 14:03

Rank in category: 29(of 33)

Best time in the category: 16:37

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	14:02	7:00	29	5:46	123	7:03	2.00	14:02	7:00	3	3:39	119	2:35
Leichtathletikhalle	2.00	14:10	7:04	28	5:49	118	7:06	4.00	28:12	7:02	29	11:35	120	14:09