



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 Mittelhungenlocher

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 |