



# 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

## Detailed evaluation

**Gerlach, Stephanie**

Club: Erfurt  
Number: 297

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 28:34

Speed: 8.40 km/h

Running performance: 7:08 min/km

Rank in course/Total: 371 (of 389)

Rank in course/Women: 124 (of 140)

Best time in course: 14:03

Rank in category: 17(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	14:12	7:05	16	6:48	120	7:08	4.00	28:34	7:08	17	14:11	124	14:31