



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Hupel, Sabine

Club: SV Bad Berka

Number: 117

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 24:11

Speed: 9.92 km/h

Running performance: 6:03 min/km

Rank in course/Total: 293 (of 389)

Rank in course/Women: 75 (of 140)

Best time in course: 14:03

Rank in category: 20(of 39)

Best time in the category: 15:39

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	11:44	5:51	16	4:03	65	4:45	2.00	11:44	5:51	13			129	0:17
Leichtathletikhah	2.00	12:27	6:13	27	4:29	92	5:23	4.00	24:11	6:02	20	8:32		75	10:08