



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Sommerfeld, Sylvia

Club: Erfurt

Number: 3

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 22:48

Speed: 10.53 km/h

Running performance: 5:42 min/km

Rank in course/Total: 250 (of 389)

Rank in course/Women: 56 (of 140)

Best time in course: 14:03

Rank in category: 5 (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	11:23	5:41	5	4:24	55	4:24	2.00	11:23	5:41	2			54	
Leichtathletikhalle	2.00	11:25	5:42	5	4:01	61	4:21	4.00	22:48	5:42	5	8:25		56	8:45