



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Timpel, Antje

Club: Quasti

Number: 124

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 28:11

Speed: 8.52 km/h

Running performance: 7:03 min/km

Rank in course/Total: 366 (of 389)

Rank in course/Women: 119 (of 140)

Best time in course: 14:03

Rank in category: 34 (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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	13:48	6:54	32	6:07	119	6:49	2.00	13:48	6:54	3	1:29	101	2:21
Leichtathletikhalle	2.00	14:23	7:11	36	6:25	124	7:19	4.00	28:11	7:02	34	12:32	119	14:08