



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Rebenschütz, Susanne

Club: Erfurt
Number: 278

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 28:03

Speed: 8.56 km/h

Running performance: 7:01 min/km

Rank in course/Total: 362 (of 389)

Rank in course/Women: 117 (of 140)

Best time in course: 14:03

Rank in category: 32 (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	14:05	7:02	36	6:24	127	7:06	2.00	14:05	7:02	16	1:46	134	2:38
Leichtathletikhalle	2.00	13:58	6:59	32	6:00	116	6:54	4.00	28:03	7:00	32	12:24	117	14:00