



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Hohenstein, Laura

Club: ELAC

Number: 188

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

weibliche Jugend U14 (12-13 Jahre)

Total time: 16:37

Speed: 14.44 km/h

Running performance: 4:09 min/km

Rank in course/Total: 50 (of 389)

Rank in course/Women: 10 (of 140)

Best time in course: 14:03

Rank in category: 1 (of 33)

Best time in the category: 16:37

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 | 8:16 | 4:08 | 1 | - | 9 | 1:17 | 2.00 | 8:16 | 4:08 | 17 | - | 9 | | |
| Leichtathletikhalle | 2.00 | 8:21 | 4:10 | 1 | - | 10 | 1:17 | 4.00 | 16:37 | 4:09 | 1 | - | 10 | 2:34 | |