



# 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 Mittelfranken

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	