



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Dinort, Sandy

Club: TSSC Erfurt/ GDRT

Number: 63

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Frauen (20-29 Jahre)

Total time: 17:45

Speed: 13.52 km/h

Running performance: 4:26 min/km

Rank in course/Total: 70 (of 389)

Rank in course/Women: 13 (of 140)

Best time in course: 14:03

Rank in category: 5 (of 25)

Best time in the category: 14:03

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	8:26	4:13	4	1:27	12	1:27	2.00	8:26	4:13	23			12	
Leichtathletikhalle	2.00	9:19	4:39	5	2:15	17	2:15	4.00	17:45	4:26	5	3:42	13	3:42	