



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Frübing, Jasmin

Club: ZSG Waltershausen

Number: 69

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

weibliche Jugend U14 (12-13 Jahre)

Total time: 17:52

Speed: 13.43 km/h

Running performance: 4:28 min/km

Rank in course/Total: 71 (of 389)

Rank in course/Women: 14 (of 140)

Best time in course: 14:03

Rank in category: 3(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	8:46	4:23	3	0:30	14	1:47	2.00	8:46	4:23	29			16	
Leichtathletikhalle	2.00	9:06	4:32	3	0:45	13	2:02	4.00	17:52	4:28	3	1:15	14	3:49	