



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Dröge, Martina

Club: Bad Langensalza

Number: 379

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhüringen

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 19:10

Speed: 12.52 km/h

Running performance: 4:47 min/km

Rank in course/Total: 102 (of 389)

Rank in course/Women: 21 (of 140)

Best time in course: 14:03

Rank in category: 1 (of 8)

Best time in the category: 19:10

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	9:59	4:59	1	-	30	3:00	2.00	9:59	4:59	1	-	19	
Leichtathletikhalle	2.00	9:11	4:35	1	-	14	2:07	4.00	19:10	4:47	1	-	21	5:07