



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Robe, Karoline

Club: lachen ist gesund

Number: 1072

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Frauen (20-29 Jahre)

Total time: 40:30

Speed: 14.81 km/h

Running performance: 4:03 min/km

Rank in course/Total: 50 (of 618)

Rank in course/Women: 5 (of 118)

Best time in course: 36:13

Rank in category: 4(of 18)

Best time in the category: 36:13

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	7:58	3:59	4	0:58	6	0:58	2.00	7:58	3:59	17	0:25	111	0:11
Runde	2.00	8:12	4:05	4	0:54	5	0:54	4.00	16:10	4:02	10		3	
Runde	2.00	8:12	4:05	4	0:51	6	0:51	6.00	24:22	4:03	10		3	
Runde	2.00	8:09	4:04	4	0:50	5	0:50	8.00	32:31	4:03	9		3	
Leichtathletikhalle	2.00	7:59	3:59	3	0:44	5	0:44	10.00	40:30	4:02	4	4:17	5	4:17