



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Gläser, Carolin

Club: AC Apolda

Number: 1470

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Frauen (20-29 Jahre)

Total time: 36:13

Speed: 16.57 km/h

Running performance: 3:37 min/km

Rank in course/Total: 16 (of 618)

Rank in course/Women: 1 (of 118)

Best time in course: 36:13

Rank in category: 1(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.	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	7:00	3:30	1	-	1	-	2.00	7:00	3:30	15	-	109	-
Runde	2.00	7:18	3:38	1	-	1	-	4.00	14:18	3:34	17	-	9	-
Runde	2.00	7:21	3:40	1	-	1	-	6.00	21:39	3:36	17	-	9	-
Runde	2.00	7:19	3:39	1	-	1	-	8.00	28:58	3:37	16	-	9	-
Leichtathletikhalle	2.00	7:15	3:37	1	-	1	-	10.00	36:13	3:37	1	-	1	-