



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Fehringer, Claudia

Club: Zell- Mehlis

Number: 1539

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 53:46

Speed: 11.16 km/h

Running performance: 5:23 min/km

Rank in course/Total: 443 (of 618)

Rank in course/Women: 53 (of 118)

Best time in course: 36:13

Rank in category: 16(of 40)

Best time in the category: 44:45

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	10:46	5:23	21	2:17	63	3:46	2.00	10:46	5:23	31	2:17	9	2:59
Runde	2.00	10:24	5:12	14	1:32	47	3:06	4.00	21:10	5:17	31	3:49	14	3:26
Runde	2.00	10:44	5:21	15	1:40	51	3:23	6.00	31:54	5:18	31	5:29	14	5:27
Runde	2.00	11:00	5:30	16	1:50	55	3:41	8.00	42:54	5:21	31	7:19	14	7:39
Leichtathletikhalle	2.00	10:52	5:26	20	1:42	58	3:37	10.00	53:46	5:22	16	9:01	53	17:33