



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Bürger, Sandra

Club: Hörelberg-Hainich

Number: 1110

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 54:46

Speed: 10.96 km/h

Running performance: 5:29 min/km

Rank in course/Total: 474 (of 618)

Rank in course/Women: 61 (of 118)

Best time in course: 36:13

Rank in category: 20(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	11:05	5:32	24	2:36	70	4:05	2.00	11:05	5:32	23	2:36	11	3:18
Runde	2.00	10:43	5:21	19	1:51	61	3:25	4.00	21:48	5:27	23	4:27	16	4:04
Runde	2.00	10:58	5:29	19	1:54	59	3:37	6.00	32:46	5:27	23	6:21	16	6:19
Runde	2.00	11:14	5:36	22	2:04	65	3:55	8.00	44:00	5:30	23	8:25	16	8:45
Leichtathletikhalle	2.00	10:46	5:23	17	1:36	54	3:31	10.00	54:46	5:28	20	10:01	61	18:33