



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Gießmann, Andrea

Club: LTV Erfurt

Number: 1506

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 49:15

Speed: 12.18 km/h

Running performance: 4:55 min/km

Rank in course/Total: 286 (of 618)

Rank in course/Women: 23 (of 118)

Best time in course: 36:13

Rank in category: 9 (of 34)

Best time in the category: 38:37

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	10:39	5:19	15	3:15	52	3:39	2.00	10:39	5:19	12		15	2:52
Runde	2.00	9:48	4:54	11	2:12	25	2:30	4.00	20:27	5:06	24		20	2:43
Runde	2.00	9:36	4:47	7	1:48	18	2:15	6.00	30:03	5:00	24		20	3:36
Runde	2.00	9:43	4:51	6	1:46	19	2:24	8.00	39:46	4:58	24		20	4:31
Leichtathletikhalle	2.00	9:29	4:44	6	1:41	19	2:14	10.00	49:15	4:55	9	10:38	23	13:02