



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

König, Sabine

Club: Quasti

Number: 1106

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 56:25

Speed: 10.64 km/h

Running performance: 5:38 min/km

Rank in course/Total: 504 (of 618)

Rank in course/Women: 72 (of 118)

Best time in course: 36:13

Rank in category: 25(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	11:22	5:41	27	2:53	82	4:22	2.00	11:22	5:41	14	2:53	25	3:35
Runde	2.00	11:17	5:38	29	2:25	81	3:59	4.00	22:39	5:39	27	5:18	31	4:55
Runde	2.00	11:36	5:47	28	2:32	82	4:15	6.00	34:15	5:42	27	7:50	31	7:48
Runde	2.00	11:25	5:42	23	2:15	67	4:06	8.00	45:40	5:42	27	10:05	31	10:25
Leichtathletikhalle	2.00	10:45	5:22	15	1:35	52	3:30	10.00	56:25	5:38	25	11:40	72	20:12