



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Stephan, Helen

Club: Erfurt

Number: 1441

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Frauen (20-29 Jahre)

Total time: 1:00:50

Speed: 9.86 km/h

Running performance: 6:05 min/km

Rank in course/Total: 574 (of 618)

Rank in course/Women: 97 (of 118)

Best time in course: 36:13

Rank in category: 15(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	11:50	5:55	14	4:50	87	4:50	2.00	11:50	5:55	11	4:17	31	4:03
Runde	2.00	11:39	5:49	14	4:21	87	4:21	4.00	23:29	5:52	13	1:32	37	5:45
Runde	2.00	12:10	6:04	16	4:49	98	4:49	6.00	35:39	5:56	13	2:19	37	9:12
Runde	2.00	12:33	6:16	15	5:14	99	5:14	8.00	48:12	6:01	12	3:09	37	12:57
Leichtathletikhalle	2.00	12:38	6:18	15	5:23	104	5:23	10.00	1:00:50	6:05	15	24:37	97	24:37