



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Niederhausen, Kathrin

Club: TriTeam Fuldata

Number: 1362

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 1:01:06

Speed: 9.82 km/h

Running performance: 6:07 min/km

Rank in course/Total: 578 (of 618)

Rank in course/Women: 100 (of 118)

Best time in course: 36:13

Rank in category: 38(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.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	12:05	6:02	34	3:36	95	5:05	2.00	12:05	6:02	32	3:36	35	4:18
Runde	2.00	12:00	6:00	37	3:08	99	4:42	4.00	24:05	6:01	32	6:44	41	6:21
Runde	2.00	12:15	6:07	38	3:11	100	4:54	6.00	36:20	6:03	32	9:55	41	9:53
Runde	2.00	12:32	6:15	37	3:22	98	5:13	8.00	48:52	6:06	32	13:17	41	13:37
Leichtathletikhalle	2.00	12:14	6:06	38	3:04	98	4:59	10.00	1:01:06	6:06	38	16:21	100	24:53