



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Aßmann, Sabine

Club: Ballstedt

Number: 1256

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 53:27

Speed: 11.23 km/h

Running performance: 5:20 min/km

Rank in course/Total: 429 (of 618)

Rank in course/Women: 51 (of 118)

Best time in course: 36:13

Rank in category: 5(of 13)

Best time in the category: 46:39

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	11:13	5:36	9	1:58	75	4:13	2.00	11:13	5:36	4	0:38	37	3:26
Runde	2.00	10:35	5:17	5	1:30	56	3:17	4.00	21:48	5:27	6	2:55	16	4:04
Runde	2.00	10:34	5:16	4	1:07	44	3:13	6.00	32:22	5:23	6	3:39	43	5:55
Runde	2.00	10:38	5:18	4	1:03	42	3:19	8.00	43:00	5:22	6	4:40	43	7:45
Leichtathletikhalle	2.00	10:27	5:13	4	1:13	43	3:12	10.00	53:27	5:20	5	6:48	51	17:14