



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Ungelenk, Ellen

Club: Wandersleben

Number: 1500

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 59:56

Speed: 10.01 km/h

Running performance: 5:59 min/km

Rank in course/Total: 569 (of 618)

Rank in course/Women: 95 (of 118)

Best time in course: 36:13

Rank in category: 10(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.	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	11:25	5:42	10	2:10	85	4:25	2.00	11:25	5:42	5	0:50	38	3:38
Runde	2.00	12:08	6:03	11	3:03	101	4:50	4.00	23:33	5:53	7	4:40	44	5:49
Runde	2.00	12:16	6:08	11	2:49	102	4:55	6.00	35:49	5:58	7	7:06	44	9:22
Runde	2.00	12:18	6:09	10	2:43	94	4:59	8.00	48:07	6:00	7	9:47	44	12:52
Leichtathletikhalle	2.00	11:49	5:54	9	2:35	92	4:34	10.00	59:56	5:59	10	13:17	95	23:43