



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Pleitz, Anja

Club: Erfurt
Number: 1308

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 58:42

Speed: 10.22 km/h

Running performance: 5:52 min/km

Rank in course/Total: 551 (of 618)

Rank in course/Women: 89 (of 118)

Best time in course: 36:13

Rank in category: 33(of 40)

Best time in the category: 44:45

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	12:14	6:06	35	3:45	96	5:14	2.00	12:14	6:06	34	3:45	39	4:27
Runde	2.00	11:48	5:54	34	2:56	94	4:30	4.00	24:02	6:00	34	6:41	45	6:18
Runde	2.00	11:41	5:50	30	2:37	84	4:20	6.00	35:43	5:57	34	9:18	45	9:16
Runde	2.00	11:39	5:49	29	2:29	76	4:20	8.00	47:22	5:55	34	11:47	45	12:07
Leichtathletikhalle	2.00	11:20	5:40	27	2:10	73	4:05	10.00	58:42	5:52	33	13:57	89	22:29