



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Sonntag, Silke

Club: Arnstadt

Number: 1713

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 53:51

Speed: 11.14 km/h

Running performance: 5:23 min/km

Rank in course/Total: 446 (of 618)

Rank in course/Women: 54 (of 118)

Best time in course: 36:13

Rank in category: 17(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	10:31	5:15	12	2:02	43	3:31	2.00	10:31	5:15	35	2:02	40	2:44
Runde	2.00	10:32	5:15	17	1:40	54	3:14	4.00	21:03	5:15	35	3:42	46	3:19
Runde	2.00	10:52	5:26	18	1:48	55	3:31	6.00	31:55	5:19	35	5:30	46	5:28
Runde	2.00	11:01	5:30	17	1:51	56	3:42	8.00	42:56	5:21	35	7:21	46	7:41
Leichtathletikhalle	2.00	10:55	5:27	22	1:45	61	3:40	10.00	53:51	5:23	17	9:06	54	17:38