



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Wolter, Monika

Club: LG Steinlach

Number: 1866

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 55:21

Speed: 10.84 km/h

Running performance: 5:32 min/km

Rank in course/Total: 487 (of 618)

Rank in course/Women: 65 (of 118)

Best time in course: 36:13

Rank in category: 7(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	10:22	5:11	4	1:07	34	3:22	2.00	10:22	5:11	6		46	2:35
Runde	2.00	10:42	5:20	7	1:37	59	3:24	4.00	21:04	5:15	8	2:11	52	3:20
Runde	2.00	11:05	5:32	6	1:38	62	3:44	6.00	32:09	5:21	3	3:26	22	5:42
Runde	2.00	11:54	5:57	9	2:19	83	4:35	8.00	44:03	5:30	8	5:43	33	8:48
Leichtathletikhalle	2.00	11:18	5:39	6	2:04	70	4:03	10.00	55:21	5:32	7	8:42	65	19:08