



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Strunze, Doreen

Club: Erfurt
Number: 1573

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 46:32

Speed: 12.89 km/h

Running performance: 4:39 min/km

Rank in course/Total: 198 (of 618)

Rank in course/Women: 13 (of 118)

Best time in course: 36:13

Rank in category: 5 (of 34)

Best time in the category: 38:37

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	9:11	4:35	4	1:47	12	2:11	2.00	9:11	4:35	32		113	1:24
Runde	2.00	9:23	4:41	5	1:47	14	2:05	4.00	18:34	4:38	32		55	0:50
Runde	2.00	9:23	4:41	5	1:35	13	2:02	6.00	27:57	4:39	32		55	1:30
Runde	2.00	9:24	4:42	5	1:27	11	2:05	8.00	37:21	4:40	32		55	2:06
Leichtathletikhalle	2.00	9:11	4:35	5	1:23	13	1:56	10.00	46:32	4:39	5	7:55	13	10:19