



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Köhler, Kristin

Club: Gebesee

Number: 1272

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 55:43

Speed: 10.77 km/h

Running performance: 5:34 min/km

Rank in course/Total: 495 (of 618)

Rank in course/Women: 68 (of 118)

Best time in course: 36:13

Rank in category: 21(of 34)

Best time in the category: 38:37

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	11:18	5:39	24	3:54	79	4:18	2.00	11:18	5:39	17		52	3:31
Runde	2.00	11:00	5:30	22	3:24	72	3:42	4.00	22:18	5:34	34		59	4:34
Runde	2.00	11:03	5:31	19	3:15	61	3:42	6.00	33:21	5:33	34		59	6:54
Runde	2.00	11:12	5:35	20	3:15	63	3:53	8.00	44:33	5:34	34		59	9:18
Leichtathletikhalle	2.00	11:10	5:34	20	3:22	67	3:55	10.00	55:43	5:34	21	17:06	68	19:30