



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schildhauer, Manuela

Club: Erfurt
Number: 1222

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 59:25

Speed: 10.10 km/h
Running performance: 5:56 min/km

Rank in course/Total: 560 (of 618)

Rank in course/Women: 91 (of 118)

Best time in course: 36:13

Rank in category: 35 (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	11:58	5:59	33	3:29	94	4:58	2.00	11:58	5:59	40	3:29	55	4:11
Runde	2.00	12:02	6:00	38	3:10	100	4:44	4.00	24:00	6:00	40	6:39	62	6:16
Runde	2.00	11:59	5:59	36	2:55	93	4:38	6.00	35:59	5:59	40	9:34	48	9:32
Runde	2.00	11:55	5:57	31	2:45	84	4:36	8.00	47:54	5:59	40	12:19	62	12:39
Leichtathletikhalle	2.00	11:31	5:45	30	2:21	81	4:16	10.00	59:25	5:56	35	14:40	91	23:12