



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Knothe, Simone

Club: Hörselberg-Hainich

Number: 1709

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 51:34

Speed: 11.64 km/h

Running performance: 5:10 min/km

Rank in course/Total: 369 (of 618)

Rank in course/Women: 36 (of 118)

Best time in course: 36:13

Rank in category: 13(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	10:45	5:22	20	3:21	62	3:45	2.00	10:45	5:22	10		60	2:58
Runde	2.00	9:54	4:57	13	2:18	29	2:36	4.00	20:39	5:09	10		17	2:55
Runde	2.00	10:05	5:02	13	2:17	32	2:44	6.00	30:44	5:07	10		67	4:17
Runde	2.00	10:18	5:09	13	2:21	33	2:59	8.00	41:02	5:07	10		67	5:47
Leichtathletikhalle	2.00	10:32	5:15	16	2:44	48	3:17	10.00	51:34	5:09	13	12:57	36	15:21