



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Niemz, Carmen

Club: Quasti

Number: 1107

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 51:06

Speed: 11.74 km/h

Running performance: 5:07 min/km

Rank in course/Total: 345 (of 618)

Rank in course/Women: 33 (of 118)

Best time in course: 36:13

Rank in category: 6(of 40)

Best time in the category: 44:45

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	10:44	5:21	20	2:15	60	3:44	2.00	10:44	5:21	8	2:15	8	2:57
Runde	2.00	9:59	4:59	4	1:07	32	2:41	4.00	20:43	5:10	8	3:22	75	2:59
Runde	2.00	10:04	5:01	3	1:00	30	2:43	6.00	30:47	5:07	8	4:22	75	4:20
Runde	2.00	10:11	5:05	3	1:01	29	2:52	8.00	40:58	5:07	8	5:23	75	5:43
Leichtathletikhalle	2.00	10:08	5:03	5	0:58	33	2:53	10.00	51:06	5:06	6	6:21	33	14:53