



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kafurke, Jana

Club: Erfurt

Number: 1208

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 54:30

Speed: 11.01 km/h

Running performance: 5:27 min/km

Rank in course/Total: 464 (of 618)

Rank in course/Women: 60 (of 118)

Best time in course: 36:13

Rank in category: 19(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	10:37	5:18	14	3:13	49	3:37	2.00	10:37	5:18	4		20	2:50
Runde	2.00	10:30	5:15	17	2:54	52	3:12	4.00	21:07	5:16	4		81	3:23
Runde	2.00	10:52	5:26	17	3:04	55	3:31	6.00	31:59	5:19	4		81	5:32
Runde	2.00	11:10	5:34	19	3:13	60	3:51	8.00	43:09	5:23	4		81	7:54
Leichtathletikhalle	2.00	11:21	5:40	22	3:33	74	4:06	10.00	54:30	5:27	19	15:53	60	18:17