



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Zelle, Monique

Club: Dream Team Ilmenau

Number: 1052

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 49:59

Speed: 12.00 km/h

Running performance: 5:00 min/km

Rank in course/Total: 313 (of 618)

Rank in course/Women: 29 (of 118)

Best time in course: 36:13

Rank in category: 3(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	9:25	4:42	2	0:56	18	2:25	2.00	9:25	4:42	15	0:56	82	1:38
Runde	2.00	9:46	4:53	3	0:54	24	2:28	4.00	19:11	4:47	15	1:50	89	1:27
Runde	2.00	10:17	5:08	6	1:13	35	2:56	6.00	29:28	4:54	15	3:03	89	3:01
Runde	2.00	10:24	5:12	8	1:14	38	3:05	8.00	39:52	4:59	15	4:17	89	4:37
Leichtathletikhalle	2.00	10:07	5:03	4	0:57	32	2:52	10.00	49:59	4:59	3	5:14	29	13:46