



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kohl, Sabrina

Club: Aerobic Nöda e.V.

Number: 1433

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 1:02:41

Speed: 9.57 km/h

Running performance: 6:16 min/km

Rank in course/Total: 590 (of 618)

Rank in course/Women: 106 (of 118)

Best time in course: 36:13

Rank in category: 32 (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	11:56	5:58	28	4:32	91	4:56	2.00	11:56	5:58	8		57	4:09
Runde	2.00	12:22	6:11	31	4:46	107	5:04	4.00	24:18	6:04	8		91	6:34
Runde	2.00	12:43	6:21	31	4:55	107	5:22	6.00	37:01	6:10	8		91	10:34
Runde	2.00	13:02	6:30	32	5:05	106	5:43	8.00	50:03	6:15	8	0:01	91	14:48
Leichtathletikhalle	2.00	12:38	6:18	31	4:50	104	5:23	10.00	1:02:41	6:16	32	24:04	106	26:28