



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Polixa, Doreen

Club: Erfurt
Number: 1034

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 1:02:05

Speed: 9.66 km/h

Running performance: 6:13 min/km

Rank in course/Total: 585 (of 618)

Rank in course/Women: 103 (of 118)

Best time in course: 36:13

Rank in category: 30(of 34)

Best time in the category: 38:37

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 | 10:39 | 5:19 | 15 | 3:15 | 52 | 3:39 | 2.00 | 10:39 | 5:19 | 12 | | 15 | 2:52 |
| Runde | 2.00 | 12:13 | 6:06 | 29 | 4:37 | 105 | 4:55 | 4.00 | 22:52 | 5:43 | 12 | | 101 | 5:08 |
| Runde | 2.00 | 12:54 | 6:27 | 33 | 5:06 | 109 | 5:33 | 6.00 | 35:46 | 5:57 | 12 | | 101 | 9:19 |
| Runde | 2.00 | 13:11 | 6:35 | 33 | 5:14 | 109 | 5:52 | 8.00 | 48:57 | 6:07 | 12 | | 101 | 13:42 |
| Leichtathletikhalle | 2.00 | 13:08 | 6:33 | 33 | 5:20 | 110 | 5:53 | 10.00 | 1:02:05 | 6:12 | 30 | 23:28 | 103 | 25:52 |