



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Herz, Julia

Club: Erfurt

Number: 1197

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 1:01:43

Speed: 9.72 km/h

Running performance: 6:10 min/km

Rank in course/Total: 582 (of 618)

Rank in course/Women: 102 (of 118)

Best time in course: 36:13

Rank in category: 29(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	12:29	6:14	31	5:05	106	5:29	2.00	12:29	6:14	13	0:02	86	4:42
Runde	2.00	12:18	6:09	30	4:42	106	5:00	4.00	24:47	6:11	13		102	7:03
Runde	2.00	12:26	6:13	30	4:38	104	5:05	6.00	37:13	6:12	13		102	10:46
Runde	2.00	12:25	6:12	28	4:28	97	5:06	8.00	49:38	6:12	13		102	14:23
Leichtathletikhalle	2.00	12:05	6:02	27	4:17	96	4:50	10.00	1:01:43	6:10	29	23:06	102	25:30