



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Troyke-Kämmerer, Melanie

Club: Berlin
Number: 1328

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 49:21

Speed: 12.16 km/h

Running performance: 4:56 min/km

Rank in course/Total: 293 (of 618)

Rank in course/Women: 26 (of 118)

Best time in course: 36:13

Rank in category: 11(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	10:42	5:20	19	3:18	56	3:42	2.00	10:42	5:20	14		24	2:55
Runde	2.00	9:28	4:44	6	1:52	15	2:10	4.00	20:10	5:02	14		108	2:26
Runde	2.00	9:37	4:48	8	1:49	19	2:16	6.00	29:47	4:57	14		107	3:20
Runde	2.00	9:52	4:56	9	1:55	23	2:33	8.00	39:39	4:57	14		26	4:24
Leichtathletikhalle	2.00	9:42	4:50	9	1:54	23	2:27	10.00	49:21	4:56	11	10:44	26	13:08