



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Knobel, Ulrike

Club: Hanau

Number: 1018

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 1:04:38

Speed: 9.28 km/h

Running performance: 6:28 min/km

Rank in course/Total: 599 (of 618)

Rank in course/Women: 109 (of 118)

Best time in course: 36:13

Rank in category: 33(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.	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	13:25	6:42	34	6:01	113	6:25	2.00	13:25	6:42	15	0:58	103	5:38
Runde	2.00	12:56	6:28	34	5:20	111	5:38	4.00	26:21	6:35	15	1:26	110	8:37
Runde	2.00	12:50	6:25	32	5:02	108	5:29	6.00	39:11	6:31	15	1:52	93	12:44
Runde	2.00	12:36	6:17	29	4:39	100	5:17	8.00	51:47	6:28	15	1:45	110	16:32
Leichtathletikhalle	2.00	12:51	6:25	32	5:03	108	5:36	10.00	1:04:38	6:27	33	26:01	109	28:25