



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Hesse, Peggy

Club: Udestedt

Number: 1549

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 49:13

Speed: 12.19 km/h

Running performance: 4:55 min/km

Rank in course/Total: 285 (of 618)

Rank in course/Women: 22 (of 118)

Best time in course: 36:13

Rank in category: 8(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	10:13	5:06	10	2:49	30	3:13	2.00	10:13	5:06	16		49	2:26
Runde	2.00	9:45	4:52	10	2:09	23	2:27	4.00	19:58	4:59	16		111	2:14
Runde	2.00	9:46	4:53	9	1:58	21	2:25	6.00	29:44	4:57	16		111	3:17
Runde	2.00	9:46	4:53	8	1:49	21	2:27	8.00	39:30	4:56	16		111	4:15
Leichtathletikhalle	2.00	9:43	4:51	10	1:55	24	2:28	10.00	49:13	4:55	8	10:36	22	13:00