



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Brückner, Claudia

Club: Ilmenau

Number: 1879

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 55:22

Speed: 10.84 km/h

Running performance: 5:32 min/km

Rank in course/Total: 488 (of 618)

Rank in course/Women: 66 (of 118)

Best time in course: 36:13

Rank in category: 20(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	11:18	5:39	24	3:54	79	4:18	2.00	11:18	5:39	17		52	3:31
Runde	2.00	10:48	5:24	20	3:12	66	3:30	4.00	22:06	5:31	17		113	4:22
Runde	2.00	11:06	5:32	20	3:18	64	3:45	6.00	33:12	5:32	17		113	6:45
Runde	2.00	11:15	5:37	21	3:18	66	3:56	8.00	44:27	5:33	17		113	9:12
Leichtathletikhalle	2.00	10:55	5:27	18	3:07	61	3:40	10.00	55:22	5:32	20	16:45	66	19:09